

# Low-Carb Pumpkin & Orange Cheese Bread

Hands-on 15 minutes Overall 1 hour 15 minutes

**Nutritional values (per serving, 1 slice):** Total carbs: 8.1 g, Fiber: 2.6 g, **Net carbs: 5.5 g**,

Protein: 10 g, Fat: 28.7 g, Calories: 298 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 12 servings)

### Cheesecake topping:

- 2 1/2 cups cream cheese (600 g/ 1.3 lbs)
- 1 large egg
- 1/3 cup [powdered Erythritol](#) or [Swerve](#) (53 g/ 1.9 oz)
- 1 tsp natural [orange extract](#) or 2 tsp fine orange zest
- 2 tbsp fresh orange juice (30 ml)
- 1/2 tsp [pumpkin pie spice mix](#) or [cinnamon](#)
- 1/2 cup unsweetened [pumpkin puree](#) (100 g/ 3.5 oz)

### Bread:

- 2 cups [almond flour](#) (200 g/ 7.1 oz)
- 2 tsp [pumpkin pie spice mix](#) (*you can [make your own](#)*)
- 1 tsp [cream of tartar](#) or apple cider vinegar
- 1/2 tsp [baking soda](#)
- 1 tbsp fresh orange zest
- 1/4 cup butter or virgin [coconut oil](#) (60 ml/ 2 fl oz)
- 4 large eggs
- 1/2 cup granulated [Erythritol](#) or [Swerve](#) (100 g/ 3.5 oz)
- 3/4 cup unsweetened [pumpkin puree](#) (150 g/ 5.3 oz)

## Instructions

1. Prepare the cheesecake topping. In a bowl, mix the cream cheese, egg, sweeteners, orange extract and orange juice. Optionally, add a few drops of stevia. Set aside.
2. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). In a bowl, mix the dry ingredients: almond flour, pumpkin spice mix, cream of tartar and baking soda.
3. In another bowl, whisk the eggs, melted butter and sweetener. Optionally, add a few drops of stevia.
4. Transfer the egg mixture into the first bowl with the dry ingredients

and mix well. Spoon in the pumpkin puree and mix in.

5. Add orange zest (finely grated or roughly like I did mine). Optionally, you can add 2 to 4 tablespoons of orange juice. This will result in a cake that is more moist.
6. Spoon the bread batter into a loaf pan (I used 23 x 13 cm/ 9 x 5 inches pan) and spread evenly.
7. Add a layer using half of the cheese mixture on top of the bread batter and spread evenly.
8. Mix the remaining cheese mixture with the pumpkin puree and pumpkin pie spice.
9. Gently spoon the pumpkin cheese mixture on top and spread evenly. Transfer into the oven and bake for 50 to 60 minutes. Keep an eye on the bread, as it may get burnt on top. (To prevent the cheesecake from cracking, place a small ramekin filled with water into the oven next to the loaf pan.)
10. When done, open the door of the oven and let the bread slowly cool down. When it reaches room temperature (1-2 hours), carefully remove from the baking dish and slice.
11. Best cooled completely overnight in the fridge. It will make it firm and easier to cut.

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