

Easy Keto Pound Cake

Hands-on 10 minutes Overall 50 minutes

Nutritional values (per slice): Total carbs: 5.1 g, Fiber: 1.9 g, **Net carbs: 3.2 g**, Protein: 9.1 g,

Fat: 25.4 g, Calories: 275 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 8 servings)

5 large eggs

115 g full-fat cream cheese (4 oz)

1/4 cup melted butter *or ghee* (60 ml/ 2 fl oz)

1/4 cup heavy cream (60 ml/ 2 fl oz)

2 tsp sugar-free vanilla extract

1 tsp sugar-free almond extract

1 1/2 cups almond flour (150 g/ 5.3 oz)

1/2 cup granulated Swerve *or Erythritol*, or to taste (100 g/ 3.5 oz)

pinch of sea salt

Note: Instead of vanilla and almond extract, you can use freshly grated lemon zest and lemon juice or cinnamon.

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Instructions

1. Preheat oven to 175 °C/ 350 °F (conventional), or 155 °C/ 310 °F (fan assisted) and line a loaf pan with parchment paper.
2. Place the eggs, cream cheese, butter, cream, vanilla, and almond extract in a large mixing bowl and beat using a hand mixer until smooth. Add in the remaining dry ingredients and beat once more until incorporated.
3. Transfer the batter to the prepared loaf pan and bake 30-40 minutes until a toothpick inserted into the middle comes out clean. The exact time depends on the size of your loaf pan. The wider it is the less time it will take to cook through.
4. Optionally, dust with some powdered Swerve or Erythritol. Slice and enjoy it on it's own or serve with some whipped cream! Store at room temperature for up to two days or in the fridge for up to a week.

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