

Healthy Low-Carb Carrot Cake

Hands-on 10 minutes Overall 1 hour 10 minutes

Nutritional values (per serving, 1 slice): Total carbs: 7.9 g, Fiber: 3 g, **Net carbs: 4.9 g**,

Protein: 8 g, Fat: 27.7 g, Calories: 295 kcal,

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



Ingredients (makes 16 servings)

Cake:

- 2 3/4 cups almond flour (275 g/ 9.7 oz)
- 1 1/4 cups powdered Erythritol or Swerve (200 g/ 7.1 oz)
- 2 tsp gluten-free baking powder
- 2 tsp cinnamon
- 1/2 tsp sea salt
- 6 large eggs
- 1/2 cup melted butter or ghee (120 ml/ 4 fl oz)
- 1/4 cup unsweetened almond milk (60 ml/ 2 fl oz)
- 2 cups grated carrots (240 g/ 8.5 oz)
- 2 tsp sugar-free vanilla extract
- 1/2 cup pecan pieces (55 g/ 1.9 oz)

Frosting:

- 1 cup full-fat cream cheese (240 g/ 8.5 oz)
- 1 cup powdered Erythritol or Swerve (160 g/ 5.6 oz)
- 1/3 cup heavy whipping cream (80 ml/ 2.8 fl oz)
- 1/2 cup pecan pieces, divided (55 g/ 1.9 oz)

Note: Sweeteners can be used to taste. If you prefer your cake less sweet, reduce the sweeteners to half. Keep in mind that the sweetness of Erythritol is about 70% of sugar, while Swerve is as sweet as sugar.

Instructions

1. Preheat oven to 160 °C/ 320 °F (conventional), or 140 °C/ 285 °F (fan assisted) and line a round 23 cm/ 9 inch cake pan with parchment paper.
2. In a large bowl mix together the dry cake ingredients except for the carrots and pecans. Stir in the wet ingredients until smooth.
3. Stir in the carrots and pecans.
4. Pour the batter into the prepared pan and bake for about 60

minutes or until a toothpick inserted into the middle comes out clean (be careful not to overcook).

5. Remove from oven and let cool completely before frosting.
6. For the frosting, cream together the cream cheese and whipping cream until smooth using a hand mixer. Add in the powdered Swerve and beat just until combined. If the frosting is too thick add in an additional 2-3 tablespoons of cream, one at a time, until the desired consistency is met. Stir in half of the pecan pieces.
7. Frost the cake with the icing using an offset spatula.
8. Sprinkle the remaining pecans over the top and serve. Store covered and chilled for up to 7 days.

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