

Keto Chocolate Nutella Cups

Hands-on 10 minutes Overall 40 minutes



Nutritional values (per serving, 1 cup): Total carbs: 4.6 g, Fiber: 1.9 g, **Net carbs: 2.7 g,**

Protein: 2.8 g, Fat: 13.9 g, Calories: 141 kcal,

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

Ingredients (makes 12 cups)

Nutella:

3/4 cup [peeled hazelnuts](#) (100 g/ 3.5 oz)

1/3 bar [90% dark chocolate](#), or at least [85% dark chocolate](#) (35 g/ 1.2 oz)

2 tsp powdered [Swerve](#) or [Erythritol](#)

1 tsp [cacao powder](#) or [Dutch process cocoa powder](#)

3/4 tsp sugar-free [vanilla extract](#)

Chocolate crust:

1 1/2 bars [90% dark chocolate](#), or at least [85% dark chocolate](#) (150 g/ 5.3 oz)

Instructions

1. Prepare the Nutella as per my [5-Ingredient Keto Nutella recipe here](#) but only using the amount of ingredients in this recipe (you'll need only one third of the recipe). This will take an extra 30 minutes.
2. Prepare the chocolate by breaking it into chunks and placing in a glass bowl. Melt the chocolate in a bain marie by placing the bowl over a pan filled with at least 2 1/2 cm (1 inch) of hot water and simmer on a medium heat until the chocolate has melted. Stir occasionally.
3. Once the chocolate has melted, place about a teaspoon into the bottom of mini silicone moulds and coat the sides of the mould by swirling round the sides.
4. Place back in the fridge for 10 mins to set the second layer. This will help you get thicker sides and less collection at the bottom. If you're in a rush, you can do with just one layer but you'll end up with a thicker base.
5. Pop back in the fridge for 10 minutes to set. You could still have about one third of the chocolate left.
6. Add a dollop of Nutella in the middle so it doesn't over fill the top (roughly 1 heaped teaspoon) then fill with the remaining chocolate.

If the chocolate has gone hard, you can simply reheat it to spoon on top.

7. Place the mini Nutella cups in the fridge to set. Leave it in the fridge for approximately 20 minutes.
8. Store in the fridge in a sealable glass jar or Tupperware for up to 10 days. For longer storage freeze for up to 6 months.

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