

Keto Chocolate Pots De Creme

Hands-on 15 minutes Overall 3 hours

Nutritional values (per serving): Total carbs: 10.4 g, Fiber: 4.2 g, **Net carbs: 6.2 g,**

Protein: 6.6 g, Fat: 29.5 g, Calories: 329 kcal,

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



Ingredients (makes 4 servings)

4 ounces unsweetened chocolate (113 g) - or *dark 85% or more chocolate*

1 cup canned full-fat coconut milk or heavy whipping cream (240 ml/ 8 fl oz)

1/2 cup granulated Swerve or Erythritol (100 g/ 3.5 oz)

2 egg yolks

1 tsp sugar-free vanilla extract

pinch of sea salt + more for topping

1/4 tsp ground cinnamon

Note: You can use dark chocolate instead of unsweetened chocolate.

If using 85% dark chocolate, one serving will contain 8.9 g net carbs. If using 90% dark chocolate, one contain will contain 7 g net carbs.

When you using canned coconut milk, keep at room temperature and shake well before measuring out a cup (you'll need both the creamy part and the juice). Alternatively, you can use liquid coconut milk like Aroy-D.

Instructions

1. Chop the chocolate into small pieces.
2. Over medium heat melt the chocolate, coconut milk, and Swerve together, simmer over low heat until thick about minutes.
3. In a small bowl whisk together the egg yolks, vanilla, salt, ...
4. ... and cinnamon.
5. Add 1 tablespoon of the melted chocolate to the bowl and quickly whisk to incorporate. Repeat 1 tablespoon at a time with half of the chocolate.
6. Scrape the egg mixture into the pot with the remaining chocolate and set back over low heat. Bring back to a simmer for 1 minute.
7. Pour the mixture into four 4-oz jelly jars and refrigerate until set, about 3 hours.
8. To serve sprinkle with a little extra salt.

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