

Keto Panettone - Italian Christmas Bread

Hands-on 10 minutes Overall 2 hours 30 minutes

Nutritional values (per serving, 1 slice): Total carbs: 10 g, Fiber: 6 g, **Net carbs: 3.9 g**,

Protein: 11.9 g, Fat: 4.8 g, Calories: 125 kcal,

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



Ingredients (makes 12 servings)

Wet ingredients:

- 1 1/3 cups warm water, divided (320 ml/ 11 fl oz)
- 1 tbsp [yacon syrup](#) (15 ml) *or* honey (*won't affect the carb count*)
- 4 large egg whites
- 2 large egg yolks, divided

Dry ingredients:

- 1 tbsp active dry yeast (10 g/ 0.4 oz) *or* 30 g fresh yeast (1.1 oz)
- 170 g cups [de-oiled almond flour](#) (defatted) (6 oz)
- 1/3 cup [coconut flour](#) (40 g/ 1.4 oz)
- 1/4 cup unflavoured [whey protein powder](#) *or* egg white protein powder (25 g/ 0.9 oz)
- 4 tbsp [whole psyllium husks](#), powdered (16 g/ 0.6 oz) - *will make 2* [tbsp psyllium husk powder](#)
- 1/3 cup granulated [Erythritol](#) *or* [Swerve](#) (67 g/ 2.4 oz)
- 1 tsp [xanthan gum](#)
- 1/2 tsp [cream of tartar](#), lemon juice *or* apple cider vinegar
- 1/4 tsp [baking soda](#)
- pinch of sea salt
- zest from 1 medium orange
- 1/3 cup [homemade Sugar-Free Dried Cranberries](#) (38 g/ 1.3 oz)
- 1/3 cup [90% dark chocolate chips](#) *or* [sugar-free chocolate chips](#) (60 g/ 2.1 oz)

Instructions

- To make this recipe, make sure you have your [Sugar-Free Dried Cranberries](#) ready.
- Turn the light on in the oven (only the light). Pour 1/3 cup (80 ml) of the warm water into a bowl. The temperature should be about 40 °C/ 100 °F, but no more than 45 °C/ 110 °F. If you don't have this option on your oven, preheat the oven to the lowest setting (mine is 50 °C/ 120 °F). Open the oven for about 30 seconds to cool down slightly before placing the yeast inside and close the door.
- Add [yacon syrup](#) (or honey) and stir until fully dissolved. (Don't panic, no sugar will be left after the fermentation of yeast!) Sprinkle with active dry yeast (or use 30 g/ 1.1 oz fresh yeast). Place the bowl in the oven. The light will be enough to keep the bowl warm. Allow to proof for 10 minutes. When ready, the yeast will be frothy and will grow in volume. While the yeast is proofing, line a loaf pan with parchment paper. (I used a 13 x 20 cm/ 5 x 8 inch loaf pan.)
- Once the yeast have proofed (it will become foamy), remove the bowl from the warm oven. Keep the light in the oven on.
- Meanwhile, place the whole psyllium husks in a coffee grinder and process until powdered. You can use ready-made psyllium powder, just [make sure it's the right one](#).
- Place all of the dry remaining dry ingredients in another bowl: fine defatted almond flour, coconut flour, whey (or egg white) protein powder, psyllium powder, Erythritol, xanthan gum, cream of tartar, baking soda and salt. Mix to combine or use a hand mixer to process well. (Instead of cream of tartar, you can use the same amount of lemon juice or apple cider vinegar and add it to the eggs before mixing with the dry ingredients). *Note: I used [RealFoodSource](#) defatted almond flour which (based on the feedback in comments) may have a different density than the one you use. Please make sure you use extra fine, defatted almond flour, not almond meal. If you can't find defatted almond flour, use extra/super fine almond flour and use the same amount in grams/ounces.*
- Place all of the egg whites and 1 1/2 egg yolks in a bowl. (You'll need about half egg yolk mixed with 1 teaspoon of water to brush on top of the bread.)
- Add the egg whites and egg yolks into the bowl with the proofed yeast. Add the orange zest and the remaining warm

water (1 cup/ 240 ml).

9. Use a hand mixer or a stand mixer and process until well combined. Add the dried mixture, about 1/2 cup at a time and process well. Gradually add more until you use all of it.
10. Add the cranberries and the chocolate chips.
11. Fold in until well combined.
12. Transfer the dough into a greased Panettone mould (I used one large mould, 14 cm/ 5.5 inch in diameter) lightly greased with ghee or coconut oil. The mould should not be more than 3/4 full. Place in the oven and let it proof with the oven light on for 60 minutes.
13. Once the dough has proofed, remove from the oven. Preheat the oven to 160 °C/ 320 °F (fan assisted), or 180 °C/ 355 °F (conventional). Gently brush the reserved egg yolk mixed with water on top of the bread without pressing too much (do not deflate the bread).
14. Loosely cover the bread with aluminium foil and bake for about 50 to 60 minutes. Remove the foil for the last 15 minutes of the baking process.
15. Once completely cool, slice and serve with butter on top.
16. Store at room temperature loosely covered with kitchen towel for up to 3 days. To store for longer, slice the whole loaf and freeze in batches of 2 to 4 slices for up to 3 months.

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