

Keto Strawberry Cheesecake Jars

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per serving): Total carbs: 6.9 g, Fiber: 1.2 g, **Net carbs: 5.7 g,**

Protein: 4.3 g, Fat: 36.5 g, Calories: 375 kcal,

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



Ingredients (6 servings)

- 1 cup heavy whipping cream (240 ml/ 8 fl oz)
- 1 cup mascarpone *or* full-fat cream cheese (250 g/ 8.8 oz)
- 1/2 cup creme fraiche *or* sour cream (120 g/ 4.2 oz)
- 1/4 cup powdered Erythritol *or* Swerve, or to taste (40 g/ 1.4 oz)
- 1 tbsp lemon juice (15 ml)
- 1 tsp fine lemon zest
- 1/2 tsp vanilla powder *or* sugar-free vanilla extract
- 1 cup + 1 tbsp Strawberry & Basil Chia Jam (240 g/ 8.5 oz)

Note: If you can't have dairy, simply use coconut cream instead of heavy whipping cream, mascarpone and creme fraiche, and add 1 more tablespoon of lemon juice.

Instructions

1. Place all the ingredients for the cheesecake in a bowl: heavy whipping cream, mascarpone (or full-fat cream cheese), vanilla and lemon zest. Mix with an electric mixer until smooth.
2. Divide between 6 (120 ml/ 4 oz) jars. Top each with about 2 tablespoons of the Strawberry & Basil Chia Jam or any other low-carb jam.
3. If you have time, refrigerate overnight or at least an hour before serving.
4. Store in the fridge for up to 4 days.

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