

Keto Swiss Meringue Buttercream

Hands-on 30 minutes Overall 50 minutes

Nutritional values (per serving, about 1/4 cup): Total carbs: 1.8 g, Fiber: 0 g,

Net carbs: 1.8 g, Protein: 2 g, Fat: 22.9 g, Calories: 219 kcal,

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



Ingredients (makes about 3 cups)

- 6 large egg whites
- 2 cups granulated [Allulose](#) or [Erythritol](#) or [Swerve](#) (400 g/ 14.1 oz)
- 3 sticks unsalted butter, cut into cubes (340 g/ 12 oz)
- 2 tsp sugar-free [vanilla extract](#)
- pinch of sea salt

Instructions

1. Ensure all your equipment is clean and dry. Wipe with lemon juice or vinegar if you like. Separate the eggs, ensuring no yolks enter the whites (or this can result in floppy egg whites!)
2. Whisk the granulated Allulose (or Erythritol or Swerve) into the egg whites with a hand balloon whisk then add to a heatproof bowl over a pan of simmering water. Ensure the bowl is above the water line.
3. Whisk the whites and sweetener continuously with a hand balloon whisk until the allulose dissolves, about 4 minutes. If using a thermometer, it should reach about 70 °C/ 160 °F.
4. Immediately transfer to a stand mixer. You can use a hand mixer instead but be warned it takes a while so your arms may ache!
5. Beat for about 15 - 17 minutes on medium - high using the whisk attachment until glossy. If it's a warm day it may take a little longer, up to 20 mins. If the bowl and meringue still feel warm, wait until both cool to room temperature (around 21 °C/ 70 °F) before adding the butter in the next step. *Note: Feel free to place it in the refrigerator. A warm bowl and meringue will melt the butter. I put mine in the fridge for 15 minutes.*
6. Replace the whisk attachment with a paddle. Add the cubed butter, 1 tablespoon at a time and beat, waiting for each to be incorporated before adding the next. Once all the butter has been added, turn the speed down to medium and add the vanilla and salt until combined. *Note: If your mix is too thin or it curdles, see the troubleshooting section in the post above on how to easily fix it.*
7. Use as frosting for cupcakes or store in the fridge until ready to use.

You can store this keto Swiss meringue buttercream at room temperature for up to 2 days, refrigerate for up to 5 days.

8. Optionally, sprinkle with cocoa powder, cinnamon or freeze-dried berries.

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