

Low-Carb Gingerbread Loaf

Hands-on 15 minutes Overall 35 minutes



Nutritional values (per serving, 1 slice): Total carbs: 7.1 g, Fiber: 3.2 g, **Net carbs: 3.9 g**,

Protein: 6.9 g, Fat: 22.2 g, Calories: 249 kcal,

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

Ingredients (makes 8 servings)

Loaf:

- 4 large eggs
- 1/4 cup melted unsalted butter (60 ml/ 4 fl oz)
- 1 tsp sugar-free [vanilla extract](#)
- 3/4 cup granulated [Swerve](#) or [Erythritol](#) (150 g/ 5.3 oz)
- 3/4 cup [coconut flour](#) (90 g/ 3.2 oz)
- 1 tsp [gluten-free baking powder](#)
- 2 tbsp gingerbread spice mix (*you can make your own, see below*)

Icing:

- 1/2 cup softened cream cheese (120 g/ 4.2 oz)
- 1/4 cup powdered [Swerve](#) or [Erythritol](#) (40 g/ 1.4 oz)
- 1 tsp sugar-free [vanilla extract](#)
- 1/4 cup walnut pieces (29 g/ 1 oz) - *or toasted coconut flakes for nut-free*

DIY Gingerbread Spice Mix:

- 2 tsp ground ginger
- 2 tsp ground [cinnamon](#)
- 1/2 tsp ground allspice
- 1/2 tsp ground nutmeg
- 1/2 tsp ground clove
- 1/4 tsp sea salt

Note: If you need to substitute [almond flour](#) for [coconut flour](#), I'd use about 2 cups (200 g/ 7.1 oz) of [almond flour](#), and also use just 3 eggs. This will produce fluffier/less dense texture.

Instructions

1. Preheat oven to 175 °C/ 350 °F (conventional), or 155 °C/ 310 °F (fan assisted) and grease a 20 x 10 x 5 cm (8.5" x 4.5" x 2.5") loaf pan. In a large bowl whisk together the eggs, vanilla and the melted

butter.

2. Add in the Swerve, coconut flour and baking powder.
3. Add the gingerbread spice mix.
4. Mix just until combined.
5. Pour the batter into the loaf pan and bake for about 25-30 minutes (I used a wide loaf pan), or up 40-45 minutes if using a regular loaf pan. The top should be golden and a toothpick inserted into the middle comes out clean. Cool completely before removing from pan.
6. In a small bowl beat the icing ingredients (except walnut pieces) together using a hand mixer.
7. Top the loaf with the icing and sprinkle with walnuts before serving. Store in an airtight container in the refrigerator for up to 5 days.

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