

Low-Carb Victoria Sponge Cakes

Hands-on 30 minutes Overall 1 hour 30 minutes



Nutritional values (per serving, 1/2 cake): Total carbs: 5.4 g, Fiber: 1.8 g, **Net carbs: 3.6 g,**

Protein: 6.1 g, Fat: 22.1 g, Calories: 237 kcal,

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

Ingredients (makes 6 Victoria Sponges)

Vanilla Cake:

1 1/4 cups [almond flour](#) (125 g/ 4.4 oz)

3/4 cup granulated [Swerve](#) or [Erythritol](#) (150 g/ 5.3 oz)

1 tsp [gluten-free baking powder](#)

1/4 tsp sea salt

4 large eggs

100 g cream cheese, softened (3.5 oz)

1/4 butter, softened (57 g/ 2 oz)

1 tsp sugar-free [vanilla extract](#)

Filling:

1 cup heavy whipping cream (240 ml/ 8 fl oz)

2 tbsp powdered [Swerve](#) or [Erythritol](#) (20 g/ 0.7 oz)

3/4 cup [Raspberry Balsamic Chia Jam](#) (170 g/ 6 oz)

Instructions

1. Preheat oven to 170 °C/ 340 °F (fan assisted), or 190 °C/ 375 °F (conventional).
2. Using a stand mixer, beat the Swerve with the room temperature, softened butter, until fluffy. Add room temperature, softened cream cheese and beat until combined.
3. With the mixer on low, add the eggs one at a time, beating well in between each egg. Add vanilla.
4. In a bowl, place almond flour, baking powder and salt. Add the dry ingredients into mixture and beat until combined.
5. Grease and line one large (22 cm/ 9 inch) or six individual (11 cm/ 4.5 inch) springform pans. Pour batter into pans and bake for 45-60 minutes, checking the cakes(s) after 45 minutes of baking. Small cakes will take less time to cook than one large cake.
6. Remove from oven and allow to cool.
7. Once cool, remove from pan(s) and cut in half. Place cream and additional Swerve into bowl and whisk until firm whipped.
8. Spread a layer of Raspberry Balsamic Jam on to one side of the cake (about 2 tbsp per sponge). Spread a layer of whipped cream on the other side and sandwich together.
9. Dust with powdered Swerve, if desired. Serve a slice (if making one cake), or half of the mini cake (if making 6 mini sponges).
10. Store in the refrigerator, in a container, for 2 days.

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