

Keto Chocoflan

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Servings: 12

Cake

Ingredients:

- 1 1/2 cups fine almond flour
- 1/4 cup cocoa powder
- 2 tablespoons of baking powder
- 1/2 teaspoon of instant coffee
- 1/2 teaspoon of salt
- 1/4 cup almond milk
- 3 eggs
- 1/2 cup sweetener
- 1 teaspoon of mayo
- 1 tablespoon pure vanilla extract

Flan

Ingredients:

- 2 cups of heavy cream
- 4 eggs
- $\frac{2}{3}$ cup of sweetener
- 1 tablespoon of vanilla extract

Caramel Sauce

Ingredients:

- $\frac{1}{2}$ cup of allulose
- 2 tablespoons of water
- Hot water
- Foil

Directions:

1. In a mixing bowl, whisk together all the ingredients for the cake.
2. In another bowl, mix together the flan ingredients.
3. Butter or grease the entire inside of the pan.
4. Make caramel sauce
5. In a small saucepan, add $\frac{1}{2}$ cup of allulose with water, on low heat
6. When the sauce begins to simmer raise heat to medium high
7. While stirring, allow to turn into an amber color
8. Remove from heat, allow to cool slightly and then pour into prepared pan
9. Pour in the cake batter and spread evenly.
10. Pour in the flan mixture.

11. Place the pan into a bigger dish and pour 1-inch of boiling water into the dish.
12. Cover the pan tightly with foil.
13. Bake at 350°F for 70-80 minutes. Make sure the cake is done by checking it and making sure it comes out clean.
14. Cool to room temperature and place in the fridge for an hour before taking out of the pan to serve. Enjoy!

Nutrition:

Nutrition per serving:

- 4g Net Carbs
- 2g Fiber
- 6g Total Carbs
- 7g Protein
- 24g Fat
- 272 Calories