

# Gluten Free, Keto Friendly, Low Carb, Pound Cake

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Related Categories: cream cheese, almond flour, gluten free desert, keto friendly desert, Gluten Free Cooking, Low Carb, Keto Cooking, Gluten Free Keto Cooking



The other day my daughter wanted a cake (she is celiac) and I wanted one too, but I wanted one that was low carb to fit on my keto diet and also needed to be gluten free as well.

Here is what I wound up making that actually worked out quite well for the both of us. She was happy as she got to help out in the process with making the cake, and she also got to eat a good amount which she liked as well.

## Ingredients:

- 2.5 cups of **Blanched Almond Flour**
- 1 stick or 1/2 cup of softened butter
- 1.5 Cups of **Splenda**, **sucralose**, **stevia** or **Erythritol**
- 8 eggs
- 2 tsp **vanilla extract** (McCormicks is gluten free)
- 1/2 tsp salt
- 8 ounces of cream cheese
- 2 tsp **baking powder**

## Directions:

1. Preheat oven to 350 degrees
2. Grease a **loaf pan**
3. In a **bowl** mix the cream cheese, **Splenda**, **sucralose** or **stevia** and the butter together with a **handheld mixer** or a **kitchen aid mixer** until well combined and creamed.
4. Add the eggs and the **vanilla extract** and mix well until well combined.
5. Lastly add the **Blanched Almond Flour** and the **baking powder** and mix until there are no more lumps and again, well combined.
6. Pour into a greased **loaf pan**

7. Bake in the oven for about 1 - 2 hours. Check it after 1 hour and using a toothpick or knife check the center to make sure that the toothpick or knife comes out clean.
8. Cool and if you want to, you can glaze it or add a cream cheese frosting to the top.
9. Enjoy.
10. If you want to frost this with some **Cream Cheese Frosting**, here is a **recipe**

See the video below for full details on how to do this.

Watch this video on Dailymotion - <http://dai.ly/x6hyiww>

Watch this video on DTube - <https://d.tube/v/jmrados/krdbe27m>

Watch this video on YouTube - <https://youtu.be/wnTpvsazAOQ>

And when it is all done!



## Using Splenda

**Nutrition Facts**

Servings 8.0

Amount Per Serving

**calories 463**

% Daily Value \*

**Total Fat** 40 g 61 %

Saturated Fat 14 g 70 %

Monounsaturated Fat 5 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

**Cholesterol** 234 mg 78 %**Sodium** 353 mg 15 %**Potassium** 74 mg 2 %**Total Carbohydrate** 14 g 5 %**Dietary Fiber** 4 g 15 %**Sugars** 2 g**Protein** 16 g 31 %

Vitamin A 18 %

Vitamin C 0 %

Calcium 15 %

Iron 12 %

Using **Erythritol****Nutrition Facts**

Servings 8.0

Amount Per Serving

**calories 446**

% Daily Value \*

**Total Fat** 40 g 61 %

Saturated Fat 14 g 70 %

Monounsaturated Fat 5 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

**Cholesterol** 234 mg 78 %**Sodium** 353 mg 15 %**Potassium** 74 mg 2 %**Total Carbohydrate** 12 g 4 %

<b>Dietary Fiber</b> 13 g	<b>51 %</b>
<b>Sugars</b> 2 g	
<b>Protein</b> 16 g	<b>31 %</b>
Vitamin A	<b>18 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>15 %</b>
Iron	<b>12 %</b>