

# Keto

## Keto Tomato Ketchup

- [kete\\_tomato\\_ketchup.pdf](#)



- 6 oz Tomato paste (180gr)
- 1 cup Water
- 1/4 cup Besti Powdered Erythritol (or powdered monk fruit)
- 3 tbsp White vinegar (or apple cider vinegar for paleo) (Esslöffel)
- 1 tsp Sea salt (Teelöffel)
- 3/4 tsp Onion powder
- 1/2 tsp Garlic powder
- 1/4 tsp Paprika
- 1/8 tsp Ground cloves
- 1/8 tsp Mustard powder

1. Whisk all ingredients in a small saucepan, until smooth.
2. Simmer for about 30 minutes over low heat, with a cover, until the ketchup thickens (reduces) to your desired thickness. (Time will vary widely depending on the size of your pan.) Stir occasionally while simmering. Taste, and adjust salt and sweetener if needed.
3. For the best consistency, puree the ketchup in a high-power blender for at least 30 seconds, until smooth. (This step is optional, but recommended for texture.)

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[sosse](#), [lowcarb](#), [keto](#)

## Zucchini Nudeln mit Teriyaki Hühnchen



- <https://lifemadesweeter.com/zucchini-noodles-with-teriyaki-chicken/>
  - zucchini\_noodles\_with\_teriyaki\_chicken\_keto\_low\_carb\_whole30\_paleo\_-\_easy\_keto\_dinner\_whole30\_.pdf

## Zutaten

- 2/3 lb boneless skinless, chicken breast , cut into strips or chunks salt and black pepper to taste
- 2 Tablespoons avocado oil OR olive oil
- 4-5 medium zucchini , cut into noodles using a spiralizer or a vegetable peeler

## Sauce:

- 1/4 cup coconut aminos
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon sesame oil
- 2 teaspoons golden monk fruit sweetener , can sub with pineapple juice for Whole30
- 2 garlic cloves , minced
- 1/2 teaspoon grated ginger
- 1/2 teaspoon xanthan gum (optional: to thicken the sauce) , can also sub with arrowroot powder for Whole30 water, as needed to thin out the sauce salt, black pepper, and red pepper flakes to taste; optional

### Optional:

- Green onions sliced thinly
- Sesame Seeds

## Zubereitung

1. MAKE THE SAUCE: In a small bowl, whisk together all the ingredients for the sauce.
2. In a large bowl, season chicken with salt and pepper and drizzle 1-2 tablespoons of sauce over the chicken. Allow to marinate for 30 minutes.
3. Heat cooking oil in a large skillet on medium-high heat. Add chicken and cook until brown, about 3-4 minutes. Pour in the remainder of the sauce and turn the heat to high. Allow sauce to bubble and thicken while stirring - about 1-2 minutes - add water as needed to thin out sauce as desired. Season to taste with salt, black pepper and/or red chili flakes.
4. Add zucchini noodles into the pan and use tongs to toss and coat with sauce. Cook for 1-2 minutes until zucchini is just tender but still firm. Be careful not to overcook.
5. Remove from heat and drizzle extra sauce in pan over chicken and serve immediately. Garnish with green onions and sesame seeds if desired.

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[asiatisch](#), [keto](#), [lowcarb](#), [helene beckesch](#), [hauptgericht](#)

## Hühnchen Parmesan Auflauf

- <https://curbingcarbs.com/keto-chicken-parmesan-casserole/>
  - keto\_chicken\_parmesan\_casserole\_-\_curbing\_carbs.pdf
- yield: 8 SERVINGS prep
- time: 5 MINUTES cook
- time: 40 MINUTES
- total time: 45 MINUTES

This Keto Chicken Parmesan is so cheesy and delicious. An easy low carb dinner idea!



## Zutaten

- 3 large chicken breasts, (or 3 cups precooked chicken)
- salt and pepper, to taste
- 1 cup shredded mozzarella
- 1/4 cup grated parmesan
- 1 cup marinara sauce
- 1/2 teaspoon garlic powder
- 1 tablespoon basil
- 1/2 teaspoon red pepper flakes

### CHEESE TOPPING INGREDIENTS

- 1/4 cup grated parmesan
- 1/4 cup shredded mozzarella

## Zubereitung

1. Preheat oven to 350 degrees.
2. Season the chicken breast lightly with salt and pepper, and then bake for 20 - 25 minutes (until no longer pink in the center).
3. Once the chicken is done cooking, allow it to cool for 5 minutes. Cut the chicken into large chunks. Add the chicken to a mixing bowl.
4. Add all of the remaining ingredients to the bowl with the chicken, with the exception of the cheese topping ingredients. Mix everything together.
5. Spread the mixture into a 9x13 casserole dish, and then spread the cheese topping over the top evenly.
6. Bake the casserole loosely covered with foil for 20 minutes at 350 degrees. Allow it to cool for 5 minutes after baking, and enjoy!

## Nährwerte

	Kalorien	Kohlenhydrate	Eiweiß	Fett
200g Chicken	208	0	46	2,4
70g Gouda Käse	278	0	17,5	22,8
30g Parmesan	121	0	9,6	9,0
200g Tomaten süßes Salz	46	6,0	2,4	1,0
1 Knoblauch	4	0,9	0,2	<0,1
1 EL TK Basilikum	2	0,3	0,2	<0,1
300g Zucchini	72	7,1	6,4	0,9
	731	14,3	82,3	36,3

- YIELD: 8
- SERVING SIZE: 1

Amount Per Serving:

- CALORIES: 159TOTAL
- FAT: 7g
  - SATURATED FAT: 3g
  - TRANS FAT: 0g
  - UNSATURATED FAT: 3g
  - CHOLESTEROL: 53mg
- SODIUM: 382mg
- CARBOHYDRATES: 5g
  - NET CARBOHYDRATES: 4g
  - FIBER: 1g
  - SUGAR: 2g
- PROTEIN: 19g

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[lowcarb](#), [keto](#), [todo](#)

## Keto Pavlova



- <https://thebigmansworld.com/keto-pavlova/>
  - keto\_pavlova\_sugar\_free\_-\_the\_big\_man\_s\_world\_.pdf

## Zutaten

- Egg whites- Large egg whites, that have reached room temperature.
- Superfine sweetener- Also known as caster sugar, you can use either erythritol or monk fruit sweetener. What you'll need to do is blend it until it is a finer consistency, but NOT powdered.
- Cornstarch- Cornstarch is not keto friendly. However, the amount we are using in this dessert is minimal and will yield very little carbs to the overall recipe.
- Vinegar- Reacts with the egg whites and gives some rise to the pavlova.
- Vanilla extract- A must for any good baked recipe.
- Heavy cream- Also known as double cream or thickened cream. This will be spread on top of the meringue.
- Powdered sweetener- Keto powdered sugar, to mix with the heavy cream.
- Low carb fruit- To decorate the pavlova with. I love using strawberries and blueberries.

## Zubereitung

Start by beating together your egg whites until stiff peaks form. Slowly, add the superfine sweetener, one tablespoon at a time, until the meringue is glossy and thick. Finally, add the vinegar, cornstarch, and vanilla extract, and beat until just combined. Gently transfer the mixture onto a baking sheet lined with foil. Form a circular shape, keeping the sides thicker. Bake in a preheated oven for around 90 minutes, or until dry and tender. Turn off the oven but keep the pavlova in there to cool completely.

Once the pavlova has cooled, beat together the heavy cream and powdered sugar until combined and smooth. Spread over the top of the pavlova and decorate with berries or other low carb fruit. Refrigerate for 30 minutes, for the cream to chill.

## Tips

- Be sure that the bowl you beat the egg whites is completely dry. Even a touch of added water or moisture can affect how firm the meringue will be.
- You can prepare the pavlova up to 24 hours in advance, before serving.
- Patience is key here for the perfect pavlova. The cooling time may be a little more on the higher side, but you'll be rewarded with the airiest and fluffiest meringue.
- Customize this however you like! Feel free to drizzle chocolate over it or even serve it with vanilla ice cream.

## How do you store pavlova?

- **To store:** If you've layered and decorated your pavlova, you can store it in the refrigerator, covered, for up to 3 days. However, if you are storing the meringue base, you can refrigerate it for up to 2 weeks. Be sure that it is completely covered (plastic or glad wrap works very well) to ensure that no air pockets can seep through.
- **To freeze:** Only the meringue portion can be frozen. Cover it completely in plastic wrap, and store in the freezer for up to 2 months. When ready to use, refrigerate it until it is no longer frozen.

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[keto](#), [nachtisch](#)

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