

Low-Carb Creme Brulee Cheesecake

Recipe: A Diabetes-Friendly Dessert

This exceptional **Low-Carb Creme Brulee Cheesecake Recipe** masterfully combines the elegant sophistication of classic creme brulee with the rich, creamy indulgence of traditional cheesecake, all while maintaining a diabetes-friendly profile. By using carefully selected sugar substitutes and almond flour, this dessert delivers all the luxurious flavors you crave without the blood sugar concerns. Perfect for special occasions or when you simply want to treat yourself, this Low-Carb Creme Brulee Cheesecake Recipe proves that managing diabetes doesn't mean sacrificing dessert enjoyment.

Recipe Overview

Prep Time:	20 minutes	Cook Time:	55 minutes
Chill Time:	4 hours	Total Time:	5 hours 15 minutes
Servings:	12 slices	Difficulty:	Medium

Ingredients

For the Crust:

- 1½ cups almond flour
- 3 tablespoons erythritol (or preferred sugar substitute)
- ¼ cup melted butter
- 1 teaspoon vanilla extract

For the Cheesecake Filling:

- 24 oz (3 packages) full-fat cream cheese, softened
- ¾ cup erythritol or monk fruit sweetener

- 3 large eggs
- 1 cup heavy cream
- 2 teaspoons vanilla extract
- 1 tablespoon lemon juice

For the Creme Brulee Topping:

- 3 tablespoons erythritol (for caramelizing)

Instructions

Prepare the Crust:

1. Preheat your oven to 325°F (163°C). Grease a 9-inch springform pan with butter or cooking spray.
2. In a medium bowl, combine almond flour, 3 tablespoons erythritol, melted butter, and vanilla extract. Mix until the mixture resembles wet sand and holds together when pressed.
3. Press the mixture firmly into the bottom of the prepared springform pan. Use the bottom of a measuring cup to ensure an even, compact layer. Set aside.

Make the Filling:

4. In a large mixing bowl, beat the softened cream cheese with an electric mixer until smooth and creamy, about 2-3 minutes.
5. Gradually add $\frac{3}{4}$ cup erythritol, beating until well combined. Add eggs one at a time, beating well after each addition. Mix in heavy cream, vanilla extract, and lemon juice until the filling is completely smooth.

6. Pour the cheesecake filling over the prepared crust, spreading evenly with a spatula.

Bake:

7. Place the springform pan on a baking sheet and bake for 50-55 minutes, or until the center is almost set but still slightly jiggly. The edges should be lightly golden.
8. Turn off the oven and let the cheesecake cool in the oven with the door slightly ajar for 1 hour. Then refrigerate for at least 4 hours or overnight.

Create the Creme Brulee Top:

9. Just before serving, remove the cheesecake from the springform pan and place on a serving plate.
10. Sprinkle the remaining 3 tablespoons of erythritol evenly over the top of the chilled cheesecake. Using a kitchen torch, carefully caramelize the erythritol until it forms a golden, crispy top. Allow to cool for 2-3 minutes before slicing.

Nutritional Information (Per Slice)

Nutrient		Amount	
Calories	285	Protein	7g
Total Carbohydrates	6g	Fat	26g
Net Carbs	4g	Sugar	2g
Fiber	2g		

Why People with Diabetes Will Love This Recipe

- **Extremely Low Net Carbs:** With only 4g net carbs per slice, this Low-Carb Creme Brulee Cheesecake Recipe fits perfectly into most diabetic meal plans and ketogenic diets.
- **No Blood Sugar Spikes:** The use of erythritol and monk fruit sweeteners means you can enjoy this dessert without worrying about dramatic blood glucose fluctuations.
- **High in Healthy Fats:** The generous amount of healthy fats from cream cheese, heavy cream, and almond flour helps promote satiety and stable blood sugar levels.
- **Rich, Indulgent Taste Without Guilt:** This recipe doesn't compromise on flavor or texture, delivering the same luxurious experience as traditional high-carb desserts.
- **Almond Flour Advantage:** By using almond flour instead of regular wheat flour, this recipe provides additional protein and healthy fats while keeping carbohydrates minimal.

Tips for Success

- **Room Temperature Ingredients:** Ensure cream cheese and eggs are at room temperature for the smoothest, lump-free filling.
- **Don't Overmix:** Once you add the eggs, mix just until combined to prevent incorporating too much air, which can cause cracks.
- **Water Bath Option:** For extra insurance against cracking, bake the cheesecake in a water bath by wrapping the pan in foil and placing it in a larger pan with hot water.
- **Torch Technique:** When caramelizing the top, keep the torch moving to prevent burning. If you don't have a torch, you can use the oven broiler for 1-2 minutes, watching carefully.
- **Sweetener Substitutions:** You can substitute erythritol with stevia (use about 1/4 the amount) or monk fruit sweetener according to package directions.
- **Cooling Patience:** Allow proper cooling time both in the oven and refrigerator to prevent cracking and achieve the perfect texture.

Storage Instructions

Refrigerator Storage: Store covered in the refrigerator for up to 5 days. The caramelized top is best enjoyed within 24 hours for optimal crispness, but the cheesecake itself maintains its quality throughout the storage period.

Freezer Storage: This Low-Carb Creme Brulee Cheesecake Recipe freezes beautifully for up to 3 months. Wrap individual slices in plastic wrap and store in a freezer-safe container. Thaw overnight in the refrigerator before serving. Note that you should add the caramelized top after thawing for the best texture.

Serving Tip: For the cleanest slices, use a sharp knife warmed under hot water and wiped clean between cuts.



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