Prep time: 10 minutes
Cook time: 45–50 minutes
Cooling time: 15 minutes
Total time: 1 hour 10 minutes
Intensity: Easy (one-bowl mixing; no special techniques)

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Ingredients

For the loaf:

- 8 large eggs, at room temperature
- 8 oz (225 g) full-fat cream cheese, softened

- 4 tbsp unsalted butter, melted and slightly cooled
- ¼ cup heavy whipping cream
- ½ tsp fine sea salt
- ¼ tsp freshly cracked black pepper
- 1 tsp baking powder (ensure gluten-free for strict keto)
- ¼ tsp cream of tartar (optional, for lift)

Optional flavor add-ins (choose one):

- Savory: ½ cup shredded cheddar, 2 tbsp chopped chives, ¼ tsp garlic powder
- Herbed: 1 tsp dried Italian herbs, ¼ cup grated Parmesan
- Sweet-leaning: 1 tsp vanilla extract, 1 tbsp granulated erythritol (omit pepper)

For the pan:

- 1 tbsp butter or nonstick spray for greasing

Equipment

- 9×5-inch loaf pan
- Large mixing bowl
- Electric hand mixer or whisk
- Rubber spatula
- Wire cooling rack
- Instant-read thermometer (optional)

Instructions

Step 1 — Prep and preheat (5 minutes | Intensity: Low)

Preheat the oven to 350°F (175°C). Grease the loaf pan generously with butter, lining the bottom with parchment paper for easy release. Bring the eggs and cream cheese to room temperature — cold cream cheese will clump and cold eggs won’t whip to full volume. If short on time, soften the cream cheese in 10-second microwave bursts.

Step 2 — Beat the cream cheese (2–3 minutes | Intensity: Medium)

In the large bowl, beat the softened cream cheese with the electric mixer on medium speed until completely smooth and lump-free, about 2 minutes. Scrape down the sides of the bowl. This step is critical — any lumps will show up in the finished loaf.

Step 3 — Add the eggs (3–4 minutes | Intensity: Medium)

Add the eggs two at a time, beating on medium speed for 30 seconds after each addition until fully incorporated. The mixture should look pale yellow and slightly frothy. Beat in the melted butter, heavy cream, salt, pepper, baking powder, and cream of tartar (if using) until just combined — about 30 seconds. Do not overbeat at this stage.

Step 4 — Fold in add-ins (1 minute | Intensity: Low)

Using a spatula, gently fold in your chosen optional add-ins — cheese, herbs, or seasonings. Stop as soon as they're evenly distributed. Overmixing deflates the batter and produces a dense loaf.

Step 5 — Bake (45–50 minutes | Intensity: Medium — check at intervals)

Pour the batter into the prepared loaf pan and smooth the top with a spatula. Bake on the center rack for 45–50 minutes, until the loaf is puffed, golden on top, and a toothpick inserted in the center comes out clean. Check at 40 minutes — if the top is browning too quickly, tent loosely with foil. The internal temperature should read 200–205°F (93–96°C) for a fully set custardy loaf.

Step 6 — Cool in the pan (15 minutes | Intensity: Low)

Remove from the oven and let cool in the pan for 10 minutes — the loaf continues to set as it cools. Run a knife around the edges, then lift out using the parchment overhang and transfer

to a wire rack. Cool 5 more minutes before slicing. Cutting too early causes crumbling.

Step 7 — Slice and serve (2 minutes | Intensity: Low)

Slice into 8 equal portions with a sharp, thin knife using a gentle sawing motion. Serve warm, or refrigerate and reheat slices in a toaster or skillet. Store leftovers in an airtight container in the refrigerator up to 5 days.

Chef’s Notes & Troubleshooting

- Loaf deflated? The oven door was opened too early, or the batter was overmixed. Keep the door closed for the first 30 minutes.
- Egg loaf too dense? Ensure cream cheese and eggs are at room temperature and beat enough air into the mixture before adding the dry ingredients.
- Watery texture? Eggs vary in size — use large eggs and don’t skip the salt, which helps set the proteins. A thermometer reading of 200°F+ confirms doneness.
- Sticking to the pan? Parchment paper is your best friend — don’t skip it.
- Make it dairy-free? Substitute coconut cream for heavy cream and a dairy-free cream cheese alternative; texture will be slightly different.
- Meal prep: Slice and freeze individual portions wrapped in parchment for up to 1 month. Reheat in a toaster or microwave.

- Serving ideas: Toast slices and top with avocado, smear with butter, use as sandwich bread, or serve alongside a salad for a light lunch.

Nutrition (per slice — 1 of 8, base recipe without optional add-ins)

Nutrient	Amount
Calories	~215 kcal
Protein	9 g
Total Fat	19 g
— Saturated Fat	10 g
Carbohydrates	1.5 g
— Fiber	0 g
— Net Carbs	1.5 g
— Sugars	0.8 g
Cholesterol	210 mg
Sodium	~230 mg