



## 2 Minute Chocolate Yum

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



875 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons cocoa powder
- 1 eggs slightly beaten
- 0.3 cup flour
- 100 ml milk
- 3 tablespoons cooking oil
- 1 Dash salt
- 5 tablespoons sugar
- 1 teaspoon vanilla

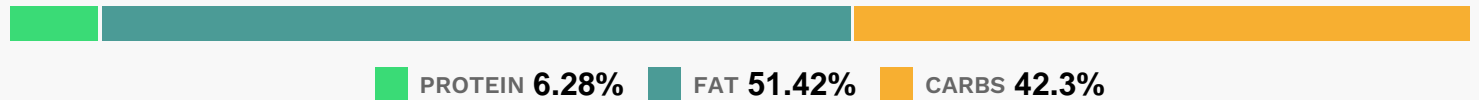
## Equipment

- mixing bowl
- ramekin
- microwave

## Directions

- Roughly will be enough batter for two smaller 6–8 oz. ramekins (just fill a little over full)In a small mixing bowl whip the ingredients together until smooth. Cook one at a time in the microwave for 2–minutes or until the cake is puffed up.
- Serve immediately with a scoop of ice-cream or a dollop of whipped topping, or as we did with just a sprinkle of powder sugar/cocoa powder mixture.Another great idea to change this up would be to make mini black forest cakes, put half of the batter in the bottom and top with a small spoonful of cherry pie filling then top with the rest of the batter and cook.

## Nutrition Facts



## Properties

Glycemic Index:183.09, Glycemic Load:60.97, Inflammation Score:-6, Nutrition Score:19.441304347826%

## Flavonoids

Catechin: 6.48mg, Catechin: 6.48mg, Catechin: 6.48mg, Catechin: 6.48mg Epicatechin: 19.64mg, Epicatechin: 19.64mg, Epicatechin: 19.64mg, Epicatechin: 19.64mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

## Nutrients (% of daily need)

Calories: 875.15kcal (43.76%), Fat: 51.36g (79.01%), Saturated Fat: 7.24g (45.27%), Carbohydrates: 95.04g (31.68%), Net Carbohydrates: 90.49g (32.91%), Sugar: 65.77g (73.08%), Cholesterol: 176.06mg (58.69%), Sodium: 144.11mg (6.27%), Alcohol: 1.38g (7.64%), Caffeine: 23mg (7.67%), Protein: 14.12g (28.23%), Vitamin E: 7.89mg (52.62%), Selenium: 27.85µg (39.79%), Vitamin B2: 0.54mg (31.59%), Manganese: 0.63mg (31.25%), Phosphorus: 298.67mg (29.87%), Vitamin K: 30.73µg (29.27%), Copper: 0.46mg (23.19%), Vitamin B1: 0.33mg (21.93%), Folate: 81.07µg (20.27%), Iron: 3.65mg (20.25%), Magnesium: 74.91mg (18.73%), Fiber: 4.54g (18.17%), Calcium: 170.04mg (17%), Vitamin B12: 0.95µg (15.81%), Vitamin D: 2.01µg (13.43%), Zinc: 1.9mg (12.67%), Vitamin B5: 1.22mg (12.23%), Potassium: 407.98mg (11.66%), Vitamin B3: 2.22mg (11.11%), Vitamin B6: 0.16mg (8.22%), Vitamin A: 404.68IU (8.09%)