

## 5 Minute Xocai Chocolate Mug Cake

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



362 kcal

DESSERT

### Ingredients

- 3 tbsps chocolate dark (Xocai Sipping Xocolate )
- 2 eggs
- 4 tbsps flour
- 3 tbsps honey
- 3 tbsps milk
- 0.1 tsp vanilla

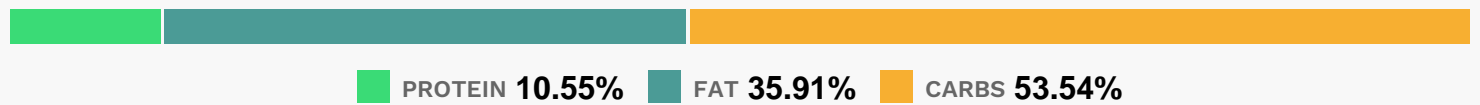
### Equipment

- microwave

## Directions

- Add egg, milk, oil, honey, and vanilla into a coffee mug.
- Mix together with a fork. add the flour, Activ, and Sipping Xocolate.
- Mix again. Put mug in the microwave and cook for 3 minutes at high power. the cake will rise slightly over the top of the mug. Allow to cool a little. Tip out onto a plate if desired. Eat while warm.
- Serves 2

## Nutrition Facts



## Properties

Glycemic Index:94.14, Glycemic Load:24.03, Inflammation Score:-4, Nutrition Score:11.784347826087%

## Taste

Sweetness: 100%, Saltiness: 45.91%, Sourness: 13.7%, Bitterness: 33.1%, Savoriness: 28.85%, Fattiness: 52.69%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 362.09kcal (18.1%), Fat: 14.64g (22.53%), Saturated Fat: 7.33g (45.81%), Carbohydrates: 49.13g (16.38%), Net Carbohydrates: 46.21g (16.8%), Sugar: 32.58g (36.2%), Cholesterol: 167.06mg (55.69%), Sodium: 77.11mg (3.35%), Caffeine: 18mg (6%), Protein: 9.68g (19.36%), Selenium: 20.8µg (29.72%), Manganese: 0.58mg (28.98%), Iron: 4.28mg (23.76%), Copper: 0.46mg (23.12%), Vitamin B2: 0.34mg (19.76%), Phosphorus: 196.62mg (19.66%), Magnesium: 63.24mg (15.81%), Folate: 48.76µg (12.19%), Fiber: 2.92g (11.68%), Zinc: 1.58mg (10.53%), Vitamin B1: 0.16mg (10.38%), Vitamin B12: 0.58µg (9.6%), Vitamin B5: 0.94mg (9.4%), Potassium: 288.16mg (8.23%), Vitamin D: 1.13µg (7.52%), Calcium: 72.91mg (7.29%), Vitamin B3: 1.22mg (6.09%), Vitamin A: 282.83IU (5.66%), Vitamin B6: 0.11mg (5.57%), Vitamin E: 0.62mg (4.1%), Vitamin K: 1.89µg (1.8%)