



Best Mug Cake (Paleo)



Gluten Free



Dairy Free



Low Fod Map

READY IN



9 min.

SERVINGS



10

CALORIES



47 kcal

DESSERT

Ingredients

- 0.1 teaspoon baking soda
- 3 tablespoons chocolate chips to taste
- 2 tablespoons coconut flour
- 1 drop coffee-flavored extract
- 1 eggs
- 1 tablespoon olive oil
- 2 tablespoons water

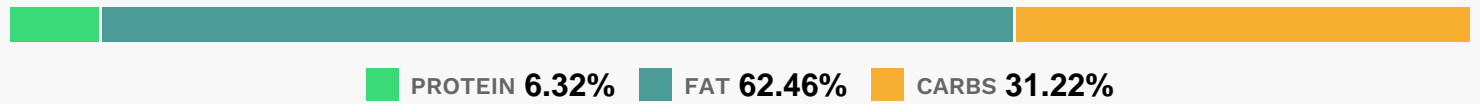
Equipment

microwave

Directions

- Combine chocolate chips and olive oil in a microwave-safe mug; heat in microwave until melted, 20 to 30 seconds.
- Stir coconut flour, water, and baking soda into chocolate mixture using a fork.
- Add egg and coffee extract to chocolate mixture; stir well.
- Heat in microwave until cake is cooked through, about 1 1/2 minutes. Cool cake for about 2 minutes before eating.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.62565216778413%

Nutrients (% of daily need)

Calories: 47.09kcal (2.35%), Fat: 3.3g (5.08%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 3.22g (1.17%), Sugar: 2.69g (2.98%), Cholesterol: 16.37mg (5.46%), Sodium: 23.06mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Fiber: 0.49g (1.97%), Selenium: 1.35µg (1.93%), Vitamin E: 0.25mg (1.65%), Vitamin B2: 0.02mg (1.18%)