



Caramel-Fleur de Sel Mug Cake

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



42 kcal

DESSERT

Ingredients

- ☐ 4 caramel candies salted
- ☐ 1 tablespoon mrs richardson's butterscotch caramel sauce homemade store-bought
- ☐ 1 large eggs
- ☐ 0.5 teaspoon fleur del sel
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons milk
- ☐ 6 tablespoons self-rising flour ()
- ☐ 2 tablespoons butter unsalted softened

☐ 0.5 teaspoon vanilla extract pure

Equipment

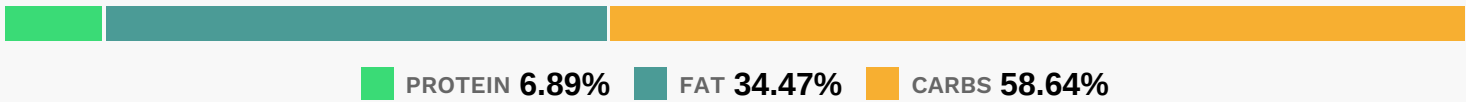
☐ whisk

☐ microwave

Directions

- ☐ In a large mug, whisk together the butter and sugar with a fork. Stir in the egg, vanilla, caramel sauce, and milk.
- ☐ Add the flour and 1/4 teaspoon of the fleur de sel. Beat the batter until smooth. Divide the batter between two mugs. Top each mug with a pinch of the remaining fleur de sel. Microwave separately for 30 seconds each.
- ☐ Place two caramel candies on the top of each partially cooked mug cake, then continue cooking 1 to 1 1/2 minutes more until risen and firm.
- ☐ Topping Ideas: Crème fraîche, fresh peaches, salted peanuts, chopped pecans, or a drizzle of vinegar–caramel sauce.Variation: Try this recipe using cajeta, the Mexican caramel made with goat's milk. Its unique flavor will hook you.
- ☐ Reprinted with permission from Mug Cakes: 100 Speedy Microwave Treats to Satisfy Your Sweet Tooth by Leslie Bilderback, © 2013 St. Martin's Griffin

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:3.76, Inflammation Score:-1, Nutrition Score:0.59304347974451%

Nutrients (% of daily need)

Calories: 41.81kcal (2.09%), Fat: 1.63g (2.5%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 6.17g (2.25%), Sugar: 4.48g (4.97%), Cholesterol: 12.63mg (4.21%), Sodium: 70.8mg (3.08%), Alcohol: 0.03g (100%), Alcohol %: 0.33% (100%), Protein: 0.73g (1.46%), Selenium: 1.71µg (2.44%), Vitamin B2: 0.02mg (1.23%), Phosphorus: 11.51mg (1.15%), Vitamin A: 52.7IU (1.05%)