



Chocolate Caramel Mug Cake

 Vegetarian

READY IN



12 min.

SERVINGS



1

CALORIES



973 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons all purpose flour
- ☐ 0.5 tsp double-acting baking powder
- ☐ 1.5 tbsp individually wrapped caramels (or 2 caramel candy squares)
- ☐ 1 eggs
- ☐ 4 tablespoons granulated sugar white
- ☐ 3.5 tablespoons milk
- ☐ 3.5 tablespoons oil
- ☐ 2.5 tablespoons cocoa powder unsweetened

☐ 1 tablespoon vanilla extract

Equipment

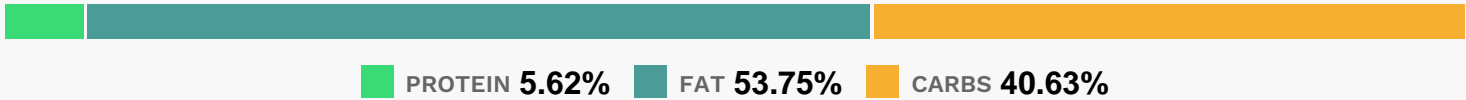
☐ whisk

☐ microwave

Directions

- ☐ Combine all ingredients except caramel in an oversized coffee mug.
- ☐ Whisk well with a fork until smooth. Microwave on high for 50 seconds. Cake should have started to turn solid form but still somewhat liquidy.
- ☐ Remove cup from microwave and add in caramel to the center of the cake. Push it slightly down so that the chocolate batter covers the caramel, but you don't want to push it too far down as the caramel will sink while cooking. Cook for an additional 40 seconds and check if batter is done. If it is still gooey, cook for an additional 30 seconds. Mine was done at 1 min 45 seconds (total cook time including 50 seconds before adding caramel sauce). Cool for a few minutes before serving while still warm.

Nutrition Facts



Properties

Glycemic Index:340.09, Glycemic Load:62.68, Inflammation Score:-6, Nutrition Score:21.08608695152%

Flavonoids

Catechin: 8.1mg, Catechin: 8.1mg, Catechin: 8.1mg, Catechin: 8.1mg Epicatechin: 24.55mg, Epicatechin: 24.55mg, Epicatechin: 24.55mg, Epicatechin: 24.55mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 973.43kcal (48.67%), Fat: 58.83g (90.5%), Saturated Fat: 7.57g (47.29%), Carbohydrates: 100.06g (33.35%), Net Carbohydrates: 94.62g (34.41%), Sugar: 67.06g (74.51%), Cholesterol: 171.53mg (57.18%), Sodium: 385.42mg (16.76%), Alcohol: 4.47g (100%), Alcohol %: 2.07% (100%), Caffeine: 28.75mg (9.58%), Protein: 13.84g (27.69%), Vitamin E: 9.2mg (61.3%), Selenium: 27.15µg (38.79%), Manganese: 0.73mg (36.66%), Vitamin K: 36.03µg (34.31%), Phosphorus: 340.74mg (34.07%), Vitamin B2: 0.53mg (31.18%), Copper: 0.57mg (28.3%), Calcium: 277.37mg (27.74%), Iron: 4.22mg (23.46%), Fiber: 5.44g (21.76%), Magnesium: 86.5mg (21.63%), Vitamin B1: 0.32mg

(21.1%), Folate: 80.47µg (20.12%), Zinc: 1.96mg (13.07%), Vitamin B12: 0.74µg (12.36%), Potassium: 429.67mg (12.28%), Vitamin B5: 1.18mg (11.75%), Vitamin B3: 2.22mg (11.1%), Vitamin D: 1.46µg (9.72%), Vitamin B6: 0.15mg (7.53%), Vitamin A: 331.96IU (6.64%)