



Chocolate Molten Lava Mug Cakes

READY IN



15 min.

SERVINGS



20

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 1 box chocolate cake mix dark
- ☐ 16 oz angel food cake mix
- ☐ 1 serving water
- ☐ 17 oz add a hershey's chocolate kiss on top as done sweet special dark®

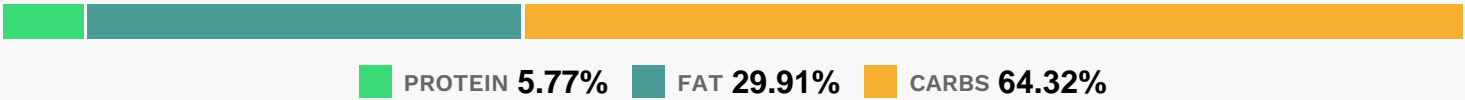
Equipment

- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ In gallon-size resealable food-storage plastic bag, combine cake mixes; seal bag and shake well to mix.
- ☐ To make 1 mug cake, spray microwavable mug (about 12 oz) with cooking spray.
- ☐ Place 3 tablespoons dry cake mixture into mug.
- ☐ Add 2 tablespoons water; stir well to blend.
- ☐ Place 3 chocolate bar rectangles (not overlapping) on top of cake batter in mug. Microwave uncovered on High 45 seconds to 1 minute or until cake is slightly moist on top. Do not overcook, or cake will be dry.
- ☐ Let stand 1 minute. Turn upside down onto serving plate, or eat out of mug. Top with whipped topping, if desired.
- ☐ Repeat step 2 to make up to 20 mug cakes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.5230434515068%

Nutrients (% of daily need)

Calories: 288.95kcal (14.45%), Fat: 10.23g (15.73%), Saturated Fat: 4.69g (29.34%), Carbohydrates: 49.47g (16.49%), Net Carbohydrates: 48.26g (17.55%), Sugar: 35.22g (39.13%), Cholesterol: 5.78mg (1.93%), Sodium: 384.98mg (16.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.87%), Phosphorus: 134.75mg (13.48%), Calcium: 113.24mg (11.32%), Selenium: 5.54µg (7.91%), Iron: 1.25mg (6.95%), Folate: 22.92µg (5.73%), Vitamin B2: 0.1mg (5.59%), Copper: 0.11mg (5.48%), Fiber: 1.21g (4.84%), Manganese: 0.08mg (4.02%), Magnesium: 12.77mg (3.19%), Potassium: 91.92mg (2.63%), Vitamin B1: 0.04mg (2.45%), Vitamin B3: 0.41mg (2.03%), Vitamin E: 0.24mg (1.6%), Zinc: 0.21mg (1.4%)