



Eggless Chocolate Mug Cake



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



364 kcal

DESSERT

Ingredients

- ☐ 0.5 tsp double-acting baking powder
- ☐ 7 tbsp coca cola
- ☐ 4 tbsp flour
- ☐ 4 tbsp sugar
- ☐ 2.5 tbsp cocoa powder unsweetened

Equipment

- ☐ knife
- ☐ whisk

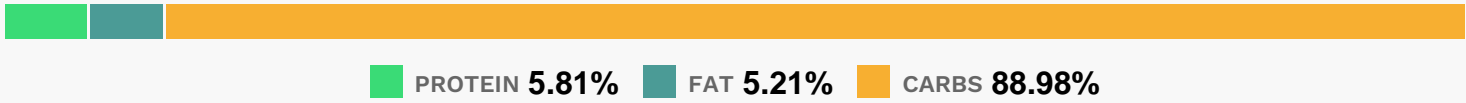
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microwave

Directions

- ☐ Mix all ingredients together into an oversized mug. This cake rises a lot so if you don't have a very large mug, I suggest you split the batter into two mugs after mixing.
- ☐ Mix with a small whisk until no lumps remain.
- ☐ For one oversized mug, microwave for 1 1/2 minutes. Cake should have a dry surface and knife inserted should come out clean. You may want to reduce the time for two smaller mugs.

Nutrition Facts



Properties

Glycemic Index:300.09, Glycemic Load:56.88, Inflammation Score:-5, Nutrition Score:10.894782532168%

Flavonoids

Catechin: 8.75mg, Catechin: 8.75mg, Catechin: 8.75mg, Catechin: 8.75mg Epicatechin: 26.52mg, Epicatechin: 26.52mg, Epicatechin: 26.52mg, Epicatechin: 26.52mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 364.28kcal (18.21%), Fat: 2.32g (3.57%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 89.05g (29.68%), Net Carbohydrates: 83.24g (30.27%), Sugar: 57.5g (63.89%), Cholesterol: 0mg (0%), Sodium: 251.85mg (10.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.33mg (13.11%), Protein: 5.82g (11.63%), Manganese: 0.73mg (36.34%), Copper: 0.56mg (27.97%), Fiber: 5.81g (23.24%), Iron: 3.66mg (20.33%), Phosphorus: 192.23mg (19.22%), Magnesium: 74.59mg (18.65%), Selenium: 12.5µg (17.85%), Vitamin B1: 0.25mg (16.4%), Calcium: 159.48mg (15.95%), Folate: 59.22µg (14.81%), Vitamin B2: 0.19mg (11.17%), Vitamin B3: 2.07mg (10.33%), Zinc: 1.16mg (7.7%), Potassium: 240.79mg (6.88%), Vitamin B5: 0.17mg (1.66%), Vitamin B6: 0.03mg (1.46%)