



Hot chocolate mug cake

READY IN



5 min.

SERVINGS



1

CALORIES



1010 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons all purpose flour
- ☐ 0.5 tsp double-acting baking powder
- ☐ 1 eggs
- ☐ 4 tablespoons granulated sugar white
- ☐ 2.5 tablespoons cocoa mix hot
- ☐ 3.5 tablespoons milk
- ☐ 3.5 tablespoons oil
- ☐ 1 tablespoon vanilla extract

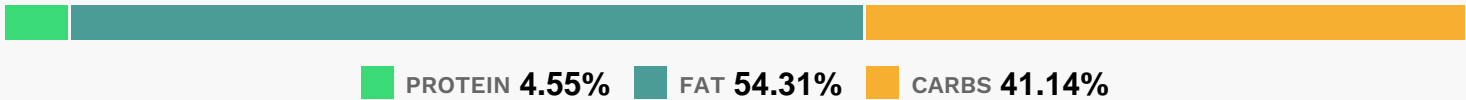
Equipment

- ☐ knife
- ☐ whisk
- ☐ microwave

Directions

- ☐ Combine all ingredients except mini marshmallows in an oversized coffee mug.
- ☐ Whisk well with a fork until smooth.
- ☐ Add 4–5 mini marshmallows into batter if desired. Microwave on high for 1 minute 30 seconds. Check to see if done by inserting knife and seeing if middle of cake is done. The outside of the cake even when fully cooked will look wet and slightly gooey. This is normal. If it needs longer, cook for an additional 30 seconds. Mine was done at 1 1/2 minutes. You don't want to overcook it or it will become rubbery. You also want to keep in mind that the cake will continue to cook a little in the cup while it is cooling.
- ☐ Add additional mini marshmallows on top and let cake cool slightly before eating.

Nutrition Facts



Properties

Glycemic Index:275.09, Glycemic Load:51.58, Inflammation Score:-4, Nutrition Score:15.53043481578%

Nutrients (% of daily need)

Calories: 1010.24kcal (50.51%), Fat: 60.94g (93.76%), Saturated Fat: 9.76g (60.99%), Carbohydrates: 103.88g (34.63%), Net Carbohydrates: 101.56g (36.93%), Sugar: 74.82g (83.13%), Cholesterol: 169.98mg (56.66%), Sodium: 647.23mg (28.14%), Alcohol: 4.47g (100%), Alcohol %: 2.05% (100%), Protein: 11.5g (23%), Vitamin E: 9.08mg (60.54%), Selenium: 24.97µg (35.67%), Vitamin K: 35.32µg (33.63%), Calcium: 268.27mg (26.83%), Vitamin B2: 0.44mg (26.07%), Phosphorus: 223.72mg (22.37%), Vitamin B1: 0.28mg (18.93%), Folate: 75.58µg (18.9%), Iron: 3.13mg (17.39%), Manganese: 0.25mg (12.55%), Vitamin B12: 0.68µg (11.25%), Vitamin B5: 1.01mg (10.06%), Vitamin D: 1.46µg (9.72%), Vitamin B3: 1.91mg (9.57%), Fiber: 2.31g (9.26%), Zinc: 1.01mg (6.75%), Vitamin A: 326.77IU (6.54%), Vitamin B6: 0.12mg (6.17%), Potassium: 192.23mg (5.49%), Magnesium: 20.36mg (5.09%), Copper: 0.09mg (4.42%)