



Java Chip Mug Cake

READY IN



5 min.

SERVINGS



1

CALORIES



1763 kcal

DESSERT

Ingredients

- 0.1 tsp double-acting baking powder
- 2 tbsp bittersweet chocolate chips mini
- 1 eggs
- 0.5 tsp espresso powder
- 5 tbsp flour
- 1 cup heavy cream
- 3 tbsp milk
- 3 tbsp oil
- 0.3 cup sugar

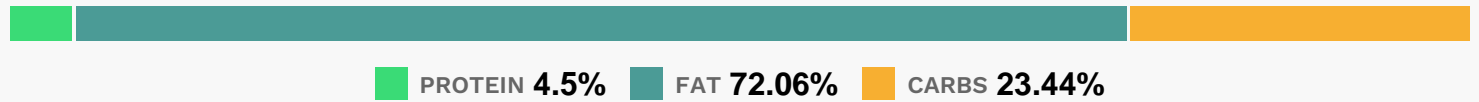
Equipment

microwave

Directions

- Mix everything except chocolate chips into an oversized mug until batter is smooth.
- Sprinkle chocolate chips on top of batter. Cook in microwave for about 1 minute 40 seconds. Outside of batter may appear wet but the inside should be cooked.
- Let cake cool a little before frosting.
- While cake is cooling, whip the heavy cream and sugar on high speed until peaks form. Put into piping bag and pipe onto cake.
- Sprinkle with additional mini chocolate chips.

Nutrition Facts



Properties

Glycemic Index:275.09, Glycemic Load:56.55, Inflammation Score:-9, Nutrition Score:26.86869559599%

Nutrients (% of daily need)

Calories: 1763.47kcal (88.17%), Fat: 143.49g (220.76%), Saturated Fat: 68.8g (430.03%), Carbohydrates: 105.02g (35.01%), Net Carbohydrates: 102.87g (37.41%), Sugar: 69.51g (77.23%), Cholesterol: 438.32mg (146.11%), Sodium: 238.32mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.7mg (5.23%), Protein: 20.16g (40.32%), Vitamin A: 3812.1IU (76.24%), Vitamin E: 10.52mg (70.12%), Vitamin B2: 0.96mg (56.42%), Selenium: 36.14µg (51.63%), Vitamin K: 40.26µg (38.34%), Calcium: 368.59mg (36.86%), Phosphorus: 363.02mg (36.3%), Vitamin D: 5.18µg (34.55%), Vitamin B1: 0.41mg (27.65%), Folate: 105.13µg (26.28%), Vitamin B5: 1.84mg (18.39%), Vitamin B12: 1.1µg (18.32%), Iron: 3.25mg (18.03%), Zinc: 2.65mg (17.68%), Potassium: 603.16mg (17.23%), Manganese: 0.32mg (16.24%), Vitamin B3: 2.9mg (14.5%), Vitamin B6: 0.24mg (12.06%), Magnesium: 48.18mg (12.05%), Fiber: 2.15g (8.61%), Copper: 0.17mg (8.57%), Vitamin C: 1.58mg (1.91%)