



Mexican Chocolate/Salted Caramel Cake in a Mug

READY IN



12 min.

SERVINGS



10

CALORIES



66 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 tablespoon canola oil
- ☐ 2 individually wrapped caramels halved
- ☐ 1 pinch cayenne pepper
- ☐ 2 tablespoons chocolate chips
- ☐ 1 eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 pinch ground cinnamon

- ☐ 1 pinch kosher salt
- ☐ 3 tablespoons milk
- ☐ 1 pinch salt
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 tablespoons sugar white

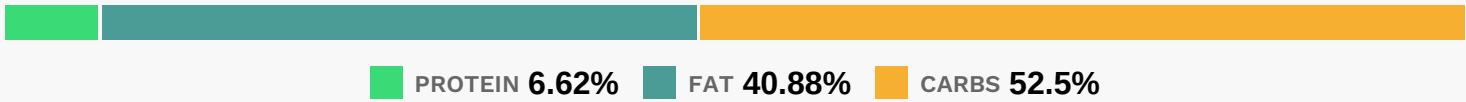
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ Mix flour, sugar, cocoa powder, chocolate chips, baking powder, 1 pinch salt, cayenne pepper, and cinnamon in a bowl.
- ☐ Whisk milk, canola oil, egg, and vanilla extract together in a separate bowl; stir into flour mixture. Lightly press caramels into kosher salt.
- ☐ Pour batter into a microwave-safe mug; top with salted caramels.
- ☐ Cook in microwave until desired consistency is reached, 75 to 100 seconds.

Nutrition Facts



Properties

Glycemic Index:37.71, Glycemic Load:4.45, Inflammation Score:-1, Nutrition Score:1.4556521755522%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 66.32kcal (3.32%), Fat: 3.15g (4.84%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 8.67g (3.15%), Sugar: 6.9g (7.66%), Cholesterol: 17.05mg (5.68%), Sodium: 31.51mg (1.37%), Alcohol: 0.07g (100%), Alcohol %: 0.4% (100%), Protein: 1.15g (2.29%), Selenium: 2.15µg (3.07%), Manganese: 0.05mg (2.73%), Phosphorus: 26.74mg (2.67%), Vitamin B2: 0.04mg (2.48%), Copper: 0.04mg (2.21%), Calcium: 20.56mg (2.06%), Vitamin E: 0.31mg (2.05%), Magnesium: 6.81mg (1.7%), Fiber: 0.42g (1.7%), Iron: 0.3mg (1.69%), Folate: 5.22µg (1.31%), Vitamin B1: 0.02mg (1.26%), Potassium: 43.16mg (1.23%), Vitamin B12: 0.07µg (1.16%), Zinc: 0.16mg (1.09%), Vitamin B5: 0.11mg (1.06%), Vitamin K: 1.1µg (1.05%)