

## Mocha Mug Cake



Vegetarian



Popular

READY IN



5 min.

SERVINGS



1

CALORIES



846 kcal

DESSERT

### Ingredients

- ☐ 0.3 tsp double-acting baking powder
- ☐ 1 eggs
- ☐ 2 tsp espresso powder
- ☐ 4 tbsp flour
- ☐ 3 tbsp milk
- ☐ 5.5 tbsp sugar
- ☐ 2 tbsp cocoa powder unsweetened
- ☐ 3 tbsp vegetable oil

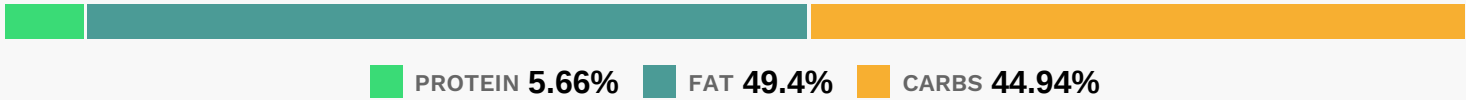
# Equipment

☐ microwave

# Directions

- ☐ Mix all ingredients into an oversized mug. You can also split batter into two mugs to make two servings.
- ☐ Cook in microwave for about 1 1/2 minutes. If making two cups, cook each separately for about 1 min 10 seconds. Top with whipped cream and drizzle melted chocolate sauce.

# Nutrition Facts



# Properties

Glycemic Index:275.09, Glycemic Load:63.73, Inflammation Score:-6, Nutrition Score:19.257825830708%

# Flavonoids

Catechin: 7mg, Catechin: 7mg, Catechin: 7mg, Catechin: 7mg Epicatechin: 21.21mg, Epicatechin: 21.21mg, Epicatechin: 21.21mg, Epicatechin: 21.21mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

# Nutrients (% of daily need)

Calories: 846.19kcal (42.31%), Fat: 48.42g (74.49%), Saturated Fat: 9.36g (58.49%), Carbohydrates: 99.13g (33.04%), Net Carbohydrates: 94.32g (34.3%), Sugar: 68.47g (76.07%), Cholesterol: 169.08mg (56.36%), Sodium: 205.75mg (8.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 87.64mg (29.21%), Protein: 12.48g (24.96%), Vitamin K: 75.7µg (72.09%), Selenium: 26.73µg (38.18%), Manganese: 0.67mg (33.51%), Phosphorus: 275.5mg (27.55%), Vitamin B2: 0.45mg (26.55%), Vitamin E: 3.85mg (25.67%), Copper: 0.49mg (24.61%), Iron: 3.92mg (21.77%), Folate: 79.04µg (19.76%), Magnesium: 78.02mg (19.51%), Fiber: 4.81g (19.23%), Vitamin B1: 0.29mg (19.13%), Calcium: 169.37mg (16.94%), Vitamin B3: 2.65mg (13.25%), Zinc: 1.71mg (11.41%), Potassium: 396.83mg (11.34%), Vitamin B12: 0.63µg (10.58%), Vitamin B5: 1mg (10.03%), Vitamin D: 1.38µg (9.17%), Vitamin B6: 0.13mg (6.44%), Vitamin A: 310.5IU (6.21%)