



Sno-Ball Mug Cake

READY IN



45 min.

SERVINGS



20

CALORIES



47 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon coconut extract
- ☐ 1 large eggs
- ☐ 1 drop purple gel food coloring
- ☐ 0.3 cup granulated sugar
- ☐ 1 pinch kosher salt
- ☐ 0.3 cup marshmallows mini
- ☐ 3 tablespoons milk
- ☐ 0.3 cup self raising flour
- ☐ 0.3 cup coconut shredded unsweetened sweetened fine (or are both)

- ☐ 20 servings garnish: whipped cream sweetened
- ☐ 0.3 teaspoon vanilla extract pure

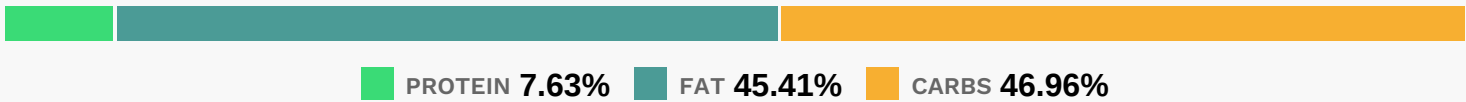
Equipment

- ☐ whisk
- ☐ microwave

Directions

- ☐ In a large mug, whisk together the egg and milk with a fork. Stir in the extracts, food coloring, and sugar.
- ☐ Add the flour and salt. Beat the batter until smooth. Swirl in the Marshmallow Fluff. Divide the batter between two mugs. Microwave separately for 1 1/2 to 2 1/2 minutes each until risen and firm. Top each with a dollop of the whipped cream and shredded coconut.
- ☐ To color your coconut pink, combine a handful of coconut and a drop of liquid food coloring in a ziplock bag, then knead it to spread the color. (Paste or gel food coloring doesn't work well here, as they tend to clump.)
- ☐ Reprinted with permission from Mug Cakes: 100 Speedy Microwave Treats to Satisfy Your Sweet Tooth by Leslie Bilderback, © 2013 St. Martin's Griffin

Nutrition Facts



Properties

Glycemic Index:14.53, Glycemic Load:3.48, Inflammation Score:-1, Nutrition Score:0.86173912704639%

Nutrients (% of daily need)

Calories: 47.47kcal (2.37%), Fat: 2.44g (3.75%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 5.43g (1.97%), Sugar: 3.56g (3.95%), Cholesterol: 14.13mg (4.71%), Sodium: 7.83mg (0.34%), Alcohol: 0.04g (100%), Alcohol %: 0.28% (100%), Protein: 0.92g (1.84%), Selenium: 1.96µg (2.8%), Manganese: 0.05mg (2.48%), Phosphorus: 17.03mg (1.7%), Vitamin B2: 0.02mg (1.26%), Vitamin A: 58.29IU (1.17%), Calcium: 10.9mg (1.09%)