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Molten Chocolate Mug Cake

Yield: 1 min Total Time: 20 min

Recipe from: https://www.recipeschoose.com/recipes/microwave-chocolate-mug-cake-indian-recipe

Ingredients:

- 1/4 cup all purpose flour
- 1/4 cup granulated sugar
- 2 tablespoons unsweetened cocoa powder I used Hershey's
- 1/2 teaspoon baking powder
- 1 pinch salt
- 3 tablespoons unsalted butter melted
- 3 tablespoons whole milk
- 1 egg smallish, weighing around 43 grams out of the shell
- 1/4 teaspoon vanilla extract or ½ teaspoon if using imitation vanilla flavoring
- 1 ounce chocolate lightly broken up, your choice, I use semi sweet or milk chocolate, but anything from chocolate truffles to Nutella...
- 1 tablespoon water
- berries optional
- ice cream optional

Nutrition:

Calories: 1250 calories
Carbohydrate: 162 grams
Cholesterol: 375 milligrams

Fat: 63 grams
Fiber: 17 grams
Protein: 22 grams
SaturatedFat: 37 grams
Sodium: 790 milligrams
Sugar: 110 grams

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