GLOBAL · DESSERT

# Chocolate Mug Cake with Ganache

7 min · Serves 1 · 605 kcal a serve · Video 4:29 · HK's Keto & Low Carb Recipes

Vegetarian · Gluten-free ingredients

A one-serve chocolate cake of almond flour, cocoa and egg, sweetened with stevia and topped with an 85% dark-chocolate ganache: about 9 g net carbs, 16 g protein and 8 g fibre.

**Diet notes:** Keto (8.8 g net carbs a serve).

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## Ingredients

13 · SERVES 1

- [ ] 1 oz **almond flour**
- [ ] 2 tbsp **unsweetened cocoa powder**
- [ ] a pinch of **salt**
- [ ] 1 tbsp **coconut oil** (or melted butter)
- [ ] 1 tbsp **heavy cream**, for the cake
- [ ] 1/3 tsp **powdered stevia** (or a few drops), for the cake
- [ ] a few drops (about 1/4 tsp) **vanilla extract**
- [ ] 1 **egg**
- [ ] ¼ oz **dark chocolate**, 85% or higher (1 square of Lindt), for the ganache
- [ ] **Sugar**: (sugar in the 85% chocolate, about 1.3 g)
- [ ] ¼ oz **butter**, for the ganache
- [ ] 1 tbsp **heavy cream**, for the ganache
- [ ] 1/3 tsp **powdered stevia**, for the ganache

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Contains:** Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

## Method

TIMES = THE MOMENT IN THE VIDEO

1. In a bowl, mix the almond flour, cocoa powder and a pinch of salt. 0:40
2. Add the coconut oil (or melted butter), 1 tbsp cream, stevia, vanilla and the egg, and whisk until smooth. 0:51
3. Pour into a microwave-safe mug or ramekin and microwave for 1 minute for a gooey centre, or 10–15 seconds more for a cakier texture. 1:20
4. For the ganache, microwave the chopped chocolate with the butter for 30 seconds, stir until smooth, then stir in 1 tbsp cream and stevia to taste. 1:44
5. Pour the ganache over the warm cake and eat straight away. 2:06

> **Tip** Microwaves vary: start at 1 minute and add 10 seconds at a time. Erythritol, monk fruit or allulose can replace the stevia. Best eaten fresh.

The method is a summary in our words — the video shows every step.

## One serve gives you

1 OF 1 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 605 kcal | 16 g | 17 g | 8.2 g | 56 g | 270 mg |
| 2,530 kJ | 31% of a day | 8.8 g net · 4.2 g sugars | 29% of a day | 29 g saturated | 12% of a day |
| | | 6% of a day | | 72% of a day | |

**Energy from** net carbs 6% · protein 11% · fat 83% — fits keto: 8.8 g net carbs, 83% of the energy from fat

**High in** (20%+ of a day) Vitamin E 50% · Magnesium 38% · Selenium 36% · Vitamin A 30% · Zinc 27% · Iron 26% · Vitamin B12 26%

**Source of** (10–19%) Potassium 11% · Calcium 11% · Folate 10% · Omega-3 10%

**Recipe and video:** HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=r0fTNWaZp2U, published 13 February 2017. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chocolate-mug-cake-ganache