



## Keto Mug Cake

Quick and easy, this keto mug cake is the perfect treat for any time of the day! 5g net carbs per mug cake.

**Course** Dessert

**Cuisine** American

**Prep Time** 5 minutes

**Servings** 1

**Calories** 316 kcal

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### Ingredients

- 1 tbsp Butter melted
- 3 tbsp [Almond flour](#)
- 2 tbsp [Low carb sweetener](#)
- 1 tbsp [Cocoa powder](#)
- 1/2 tsp [Baking powder](#)
- 1 large Egg whisked

Keto Mug Cake Toppings (optional)

- 1 tbsp [keto friendly chocolate chips](#)
- 2 tbsp whipped cream

### Instructions

1. Scroll up to watch recipe video!
2. In a microwave safe coffee mug mix the melted butter, almond flour, low carb sweetener, cocoa powder, baking powder, and beaten egg.
3. Mix well until combined.
4. Microwave on high for 45 seconds and check to see if it is cooked, it should be firm to the touch, if not cook for 5-10 more seconds. Do not overcook or it will be dry, exact cook time depends on the power of your microwave.
5. Top with [keto chocolate chips](#) and whipped cream if desired.

### Recipe Notes

**Nutrition** - Serves one, net carbs value does not include sugar alcohols (low carb sweetener) 5g net carbs per mug cake.

**Cook Time** - this will depend on your microwave so start at 45 seconds and just add a few seconds at a time until it's cooked enough.

# Nutrition Facts

Keto Mug Cake

**Amount Per Serving**

**Calories** 316Calories from Fat 252

**% Daily Value\***

**Fat** 28g**43%**

Saturated Fat 10g**63%**

**Cholesterol** 241mg**80%**

**Sodium** 185mg**8%**

**Potassium** 413mg**12%**

**Carbohydrates** 9g**3%**

Fiber 4g**17%**

Sugar 1g**1%**

**Protein** 13g**26%**

**Vitamin A** 661IU**13%**

**Calcium** 184mg**18%**

**Iron** 3mg**17%**

\* Percent Daily Values are based on a 2000 calorie diet.

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