

Chocolate Cake for One or Two

Nutrition Facts			
Serving Size 1/2 of recipe 91g (91 g)			
Servings per container 2			
Amount Per Serving			
Calories 376	Calories from Fat 197		
% Daily Value*			
Total Fat 22g	34%		
Saturated Fat 2g	8%		
Trans Fat 0g			
Cholesterol 1mg	0%		
Sodium 32mg	1%		
Total Carbohydrate 42g	14%		
Dietary Fiber 2g	8%		
Sugars 33g			
Protein 5g			
Vitamin A 0% • Vitamin C 0%			
Calcium 1% • Iron 21%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	• Carbohydrate	4
		• Protein	4
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Recipe Cost \$0.94
2 servings @ \$0.47

Dry Ingredients
4 Tablespoons flour
4 Tablespoons sugar
2 Tablespoons cocoa powder

Wet Ingredients
1 Egg
3 Tablespoons milk
3 Tablespoons oil

Equipment
1 large coffee mug
1 fork
1 tablespoon
1 microwave



1. Place dry ingredients in the mug and mix well.
2. Add wet ingredients and mix; don't over mix, but make sure to get all the dry ingredients off the bottom of the mug and incorporate them into the batter.
3. Place the mug in the center of a microwave on a turning plate and cook on high for about 2 minutes.