



Bailey's Mug Cake

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



917 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon double-acting baking powder
- ☐ 1 eggs
- ☐ 5.5 tablespoons flour all-purpose
- ☐ 3 tablespoons bailey's irish cream
- ☐ 3 tablespoons oil
- ☐ 4 tablespoons sugar

Equipment

- ☐ whisk

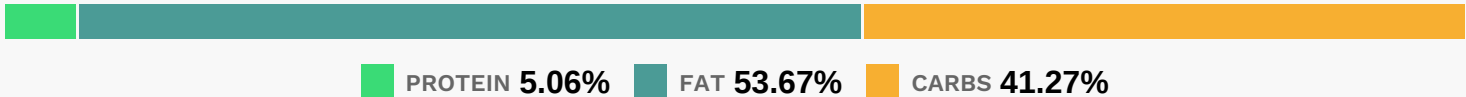
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microwave

Directions

- ☐ Combine all ingredients into oversized mug. Stir with a small whisk or fork until batter is smooth.
- ☐ Microwave for 1 1/2 minutes. If cake is not done, microwave for an additional 30 seconds.
- ☐ Serve while warm.

Nutrition Facts



Properties

Glycemic Index:237.09, Glycemic Load:56.41, Inflammation Score:-4, Nutrition Score:13.328695763712%

Nutrients (% of daily need)

Calories: 916.57kcal (45.83%), Fat: 52.59g (80.91%), Saturated Fat: 8.13g (50.83%), Carbohydrates: 90.99g (30.33%), Net Carbohydrates: 89.88g (32.68%), Sugar: 57.18g (63.53%), Cholesterol: 163.7mg (54.57%), Sodium: 116.82mg (5.08%), Alcohol: 6.07g (100%), Alcohol %: 3.49% (100%), Protein: 11.16g (22.31%), Vitamin E: 7.84mg (52.24%), Selenium: 27.78µg (39.69%), Vitamin K: 30.2µg (28.76%), Vitamin B2: 0.41mg (24.35%), Folate: 96.17µg (24.04%), Vitamin B1: 0.34mg (22.76%), Iron: 2.76mg (15.35%), Manganese: 0.3mg (14.78%), Phosphorus: 142.63mg (14.26%), Vitamin B3: 2.47mg (12.34%), Vitamin B5: 0.86mg (8.55%), Vitamin B12: 0.39µg (6.53%), Calcium: 60.69mg (6.07%), Vitamin D: 0.88µg (5.87%), Zinc: 0.86mg (5.74%), Vitamin A: 237.6IU (4.75%), Copper: 0.09mg (4.72%), Vitamin B6: 0.09mg (4.65%), Fiber: 1.11g (4.46%), Magnesium: 14.49mg (3.62%), Potassium: 105.92mg (3.03%)