



Biscoff Mug Cake

 Popular

READY IN



45 min.

SERVINGS



1

CALORIES



965 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons all purpose flour
- ☐ 0.3 tsp double-acting baking powder
- ☐ 3 tablespoons biscoff spread
- ☐ 1 eggs
- ☐ 3 tablespoons granulated sugar white
- ☐ 3 tablespoons milk
- ☐ 3 tablespoons vegetable oil

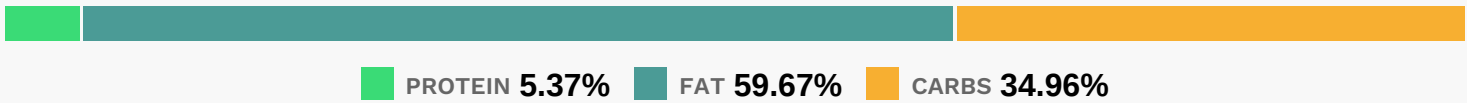
Equipment

- ☐ whisk
- ☐ microwave

Directions

- ☐ Combine all ingredients in an oversized coffee mug.
- ☐ Whisk well with a fork until smooth. Microwave on high for 1 1/2 minutes and then take it out to check to see if it is done. If not, continue to microwave in thirty second intervals. Mine was done at 2 minutes. You don't want to overcook it or it will become rubbery.

Nutrition Facts



Properties

Glycemic Index:275.09, Glycemic Load:42.78, Inflammation Score:-3, Nutrition Score:14.18565233894%

Nutrients (% of daily need)

Calories: 965.16kcal (48.26%), Fat: 64.58g (99.35%), Saturated Fat: 12.92g (80.74%), Carbohydrates: 85.14g (28.38%), Net Carbohydrates: 84.33g (30.67%), Sugar: 53.12g (59.02%), Cholesterol: 169.08mg (56.36%), Sodium: 202.44mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.15%), Vitamin K: 75.39µg (71.8%), Selenium: 24.75µg (35.36%), Vitamin E: 3.84mg (25.6%), Vitamin B2: 0.42mg (24.6%), Phosphorus: 190.17mg (19.02%), Folate: 75.58µg (18.9%), Vitamin B1: 0.28mg (18.55%), Calcium: 152.42mg (15.24%), Iron: 2.31mg (12.86%), Manganese: 0.22mg (11.01%), Vitamin B12: 0.63µg (10.58%), Vitamin B5: 0.97mg (9.74%), Vitamin B3: 1.85mg (9.26%), Vitamin D: 1.38µg (9.17%), Zinc: 0.97mg (6.44%), Vitamin A: 310.5IU (6.21%), Vitamin B6: 0.12mg (5.77%), Potassium: 161.27mg (4.61%), Magnesium: 17.59mg (4.4%), Copper: 0.08mg (3.9%), Fiber: 0.81g (3.25%)