



Blueberry Bisquick Mug Cake



Vegetarian



Popular

READY IN



7 min.

SERVINGS



1

CALORIES



1042 kcal

DESSERT

Ingredients

- ☐ 5.5 tbsp bisquick
- ☐ 8 blueberries
- ☐ 1 medium eggs
- ☐ 3.5 tbsp milk
- ☐ 3 tbsp oil
- ☐ 4 tbsp sugar
- ☐ 1 tablespoon vanilla

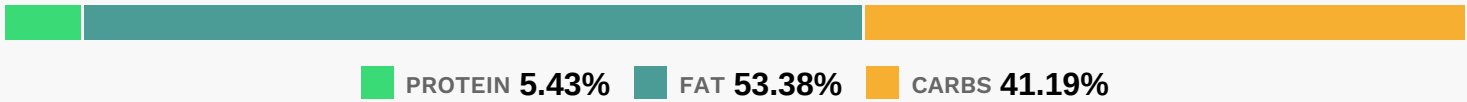
Equipment

- ☐ knife
- ☐ whisk
- ☐ microwave

Directions

- ☐ Add all ingredients except blueberries into an oversized mug. Stir with a whisk and mix until most of lumps are gone and only very tiny Bisquick lumps remain. Drop in blueberries. Cook in microwave for approximately 1 1/2 – 2 minutes. Cake may still have a wet outside, but this is normal. If inside of cake is done (insert a knife to check), then cake is done.
- ☐ Let cake cool in cup before eating.

Nutrition Facts



Properties

Glycemic Index:148.09, Glycemic Load:34.94, Inflammation Score:-5, Nutrition Score:20.198260950006%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Petunidin: 3.28mg, Petunidin: 3.28mg, Petunidin: 3.28mg, Petunidin: 3.28mg Delphinidin: 3.68mg, Delphinidin: 3.68mg, Delphinidin: 3.68mg, Delphinidin: 3.68mg Malvidin: 7.03mg, Malvidin: 7.03mg, Malvidin: 7.03mg, Malvidin: 7.03mg Peonidin: 2.11mg, Peonidin: 2.11mg, Peonidin: 2.11mg, Peonidin: 2.11mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1041.79kcal (52.09%), Fat: 60.58g (93.2%), Saturated Fat: 8.67g (54.2%), Carbohydrates: 105.19g (35.06%), Net Carbohydrates: 103.23g (37.54%), Sugar: 62.74g (69.71%), Cholesterol: 171.61mg (57.2%), Sodium: 1121.44mg (48.76%), Alcohol: 4.47g (100%), Alcohol %: 1.95% (100%), Protein: 13.85g (27.71%), Phosphorus: 617.72mg (61.77%), Vitamin E: 8mg (53.35%), Vitamin B2: 0.65mg (38.5%), Vitamin K: 37.53µg (35.74%), Vitamin B1: 0.52mg (34.65%), Folate: 122.92µg (30.73%), Selenium: 20.9µg (29.86%), Calcium: 237.26mg (23.73%), Vitamin B3: 3.88mg (19.4%), Manganese: 0.36mg (17.88%), Iron: 3.09mg (17.17%), Vitamin B12: 0.99µg (16.54%), Vitamin B5: 1.61mg (16.06%), Vitamin D: 1.46µg (9.72%), Vitamin B6: 0.18mg (8.87%), Copper: 0.18mg (8.8%), Zinc: 1.31mg (8.71%),

Potassium: 300.18mg (8.58%), Magnesium: 34.09mg (8.52%), Fiber: 1.96g (7.83%), Vitamin A: 331.52IU (6.63%),
Vitamin C: 1.25mg (1.52%)