



Blueberry-White Chocolate Mug Cakes

 Gluten Free

READY IN



8 min.

SERVINGS



2

CALORIES



502 kcal

DESSERT

Ingredients

- 0.3 cup granulated sugar
- 3 tablespoons milk
- 3 tablespoons vegetable oil
- 0.3 teaspoon vanilla
- 1 eggs
- 0.3 cup blueberries fresh
- 0.3 cup peppermint candies white
- 1 serving whipped cream fresh

0.3 cup frangelico

Equipment

bowl

toothpicks

microwave

Directions

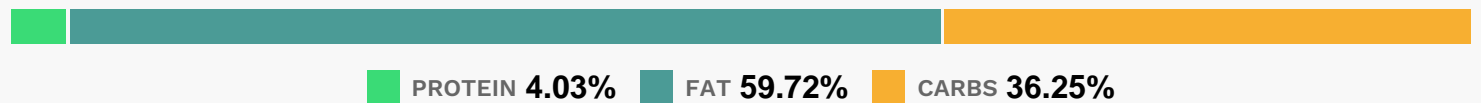
In medium bowl, beat Bisquick mix, sugar, milk, oil, vanilla and egg until just a few small lumps remain. Divide batter evenly into 2 ungreased mugs.

Top each mug with blueberries and chips (do not stir).

Microwave both mugs at the same time uncovered 2 1/2 to 3 minutes or until cakes are done and toothpick inserted in center comes out clean.

Cool slightly; top with whipped cream and more blueberries just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:101.55, Glycemic Load:18.95, Inflammation Score:-1, Nutrition Score:5.7986957042114%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 501.83kcal (25.09%), Fat: 34.24g (52.68%), Saturated Fat: 13.4g (83.76%), Carbohydrates: 46.75g (15.58%), Net Carbohydrates: 46.31g (16.84%), Sugar: 45.05g (50.06%), Cholesterol: 86.82mg (28.94%), Sodium: 58.85mg (2.56%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 5.2g (10.41%), Vitamin K: 41.28µg (39.31%), Vitamin E: 2.04mg (13.57%), Selenium: 7.39µg (10.56%), Calcium: 88.8mg (8.88%), Vitamin B2: 0.15mg (8.61%), Phosphorus: 71.21mg (7.12%), Vitamin B12: 0.33µg (5.43%), Vitamin D: 0.7µg (4.66%), Vitamin B5: 0.45mg (4.53%), Vitamin A: 185.79IU (3.72%), Manganese: 0.07mg (3.57%), Vitamin B6: 0.06mg (3.11%), Folate: 11.54µg (2.88%), Zinc: 0.42mg (2.8%), Iron: 0.46mg (2.53%), Potassium: 84mg (2.4%), Vitamin C: 1.79mg (2.18%), Vitamin B1: 0.03mg (1.96%), Fiber: 0.44g (1.78%), Magnesium: 6.84mg (1.71%), Copper: 0.03mg (1.45%)