



## Blueberry-White Chocolate Mug Cakes

 Gluten Free

READY IN



8 min.

SERVINGS



2

CALORIES



424 kcal

DESSERT

### Ingredients

- 0.3 cup blueberries fresh
- 1 eggs
- 0.3 cup granulated sugar
- 3 tablespoons milk
- 0.3 cup vanilla extract white
- 0.3 teaspoon vanilla
- 3 tablespoons vegetable oil
- 2 servings whipped cream fresh

0.3 cup frangelico

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## Equipment

bowl

toothpicks

microwave

## Directions

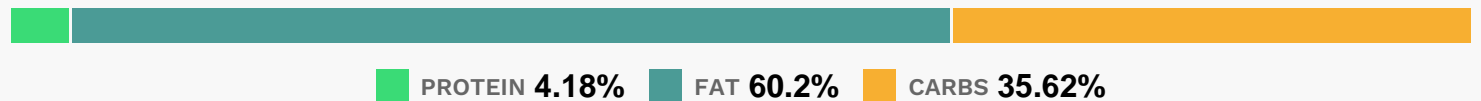
In medium bowl, beat Bisquick mix, sugar, milk, oil, vanilla and egg until just a few small lumps remain. Divide batter evenly into 2 ungreased mugs.

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:19.16, Inflammation Score:-2, Nutrition Score:6.1004347334737%

## 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: 423.83kcal (21.19%), Fat: 24.7g (38%), Saturated Fat: 5.06g (31.6%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 32.45g (11.8%), Sugar: 31.79g (35.32%), Cholesterol: 89.1mg (29.7%), Sodium: 43.09mg (1.87%), Alcohol: 9.12g (100%), Alcohol %: 8.2% (100%), Protein: 3.85g (7.71%), Vitamin K: 41.33µg (39.37%), Vitamin E: 2.05mg (13.7%), Selenium: 7.43µg (10.62%), Vitamin B2: 0.17mg (10.18%), Phosphorus: 75.43mg (7.54%), Manganese: 0.13mg (6.56%), Vitamin B12: 0.33µg (5.58%), Calcium: 50.33mg (5.03%), Vitamin D: 0.71µg (4.74%), Vitamin B5: 0.47mg (4.72%), Vitamin A: 206.34IU (4.13%), Potassium: 126.89mg (3.63%), Vitamin B6: 0.07mg (3.5%), Zinc: 0.46mg (3.06%), Folate: 11.63µg (2.91%), Iron: 0.49mg (2.71%), Magnesium: 10.29mg (2.57%), Copper: 0.05mg (2.4%), Vitamin B1: 0.03mg (2.23%), Vitamin C: 1.79mg (2.18%), Fiber: 0.44g (1.78%), Vitamin B3: 0.23mg (1.17%)