



Cake in a Mug

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



465 kcal

DESSERT

Ingredients

- 2.7 cups powdered sugar
- 3.4 ounce vanilla pudding instant
- 0.3 cup powdered lemonade mix
- 18.3 ounce cake mix yellow

Equipment

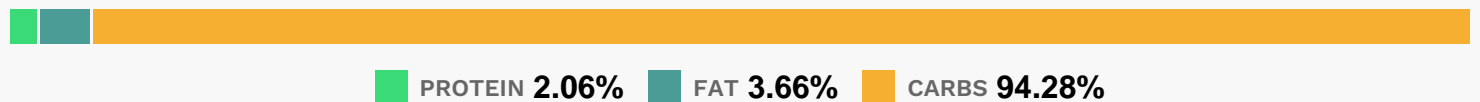
- bowl
- whisk
- ziploc bags

microwave

Directions

- Check your coffee mugs to make sure each one holds 1 1/2 cups water.
- Place dry cake mix and dry pudding mix into a large bowl and blend well with a whisk. This will be about 4 to 4 1/2 cups of dry mix and will make 8 coffee cup cake mixes. Divide mix into 8 small plastic bags (about 1/2 cup each).
- Place mix into a corner of each bag and tie it there with a twist tie.
- Make glaze mix: in a medium bowl, combine confectioners sugar with powdered flavoring mix. Divide into 8 small plastic bags and close bag with a twist tie. Attach each glaze mix to the cake mix bags with a twist tie.
- Place one of each bag into each cup.
- Attach the following instructions to each cup: Generously spray inside of cup with cooking spray. Empty contents of cake mix packet in cup.
- Add 1 egg, 1 tablespoon of oil, 1 tablespoon water to dry mix.
- Mix 15 seconds, carefully mixing in all dry mix. Microwave on full power for 2 minutes. While cake is cooking, place ingredients from Glaze mix into a very small container and add 1 1/2 teaspoon water.
- Mix well. When cake is done, pour glaze over cake in cup. Enjoy while warm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.179565269419%

Nutrients (% of daily need)

Calories: 465.01kcal (23.25%), Fat: 1.92g (2.95%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 111.11g (37.04%), Net Carbohydrates: 110.23g (40.08%), Sugar: 83.13g (92.36%), Cholesterol: 0mg (0%), Sodium: 551.6mg (23.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Phosphorus: 201mg (20.1%), Calcium: 138.82mg (13.88%), Folate: 44.39µg (11.1%), Vitamin B1: 0.15mg (10.03%), Vitamin B2: 0.16mg (9.33%), Iron: 1.39mg (7.73%), Vitamin B3: 1.51mg (7.53%), Manganese: 0.13mg (6.36%), Magnesium: 23.29mg (5.82%), Vitamin E: 0.6mg (4.03%), Fiber: 0.88g (3.5%), Selenium: 2.33µg (3.33%), Vitamin C: 2.72mg (3.29%), Copper: 0.05mg (2.75%), Vitamin B6:

0.05mg (2.58%), Vitamin B5: 0.24mg (2.39%), Vitamin K: 1.88µg (1.79%), Zinc: 0.19mg (1.25%), Potassium: 43.62mg (1.25%), Vitamin B12: 0.06µg (1.08%)