



Chocolate Peanut Butter Mug Cake

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



1032 kcal

DESSERT

Ingredients

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

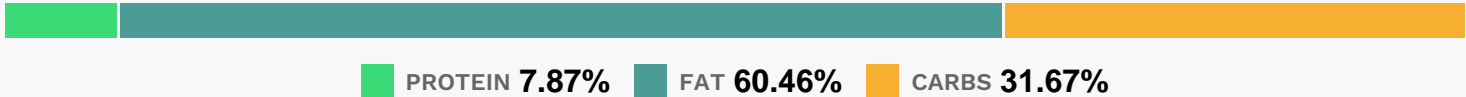
Equipment

- ☐ whisk
- ☐ microwave

Directions

- ☐ Combine all ingredients in an oversized coffee mug or if you want to make 2 servings, mix all ingredients into 1 cup and then divide half the batter into the second cup.
- ☐ Whisk well with a small whisk until smooth. Microwave on high for 1 1/2 minutes and then take it out to check to see if it is done. (If you are doing 2, microwave each one separately.) If not done, continue to microwave in thirty second intervals. When I do 2 servings, they are usually done at 1.5 mins. For a single oversized one, mine was done at 2 minutes. You don't want to overcook it or it will become rubbery.

Nutrition Facts



Properties

Glycemic Index:289.09, Glycemic Load:52.34, Inflammation Score:-6, Nutrition Score:23.495652406112%

Nutrients (% of daily need)

Calories: 1031.76kcal (51.59%), Fat: 71.4g (109.85%), Saturated Fat: 13.33g (83.32%), Carbohydrates: 84.14g (28.05%), Net Carbohydrates: 81.03g (29.46%), Sugar: 55.35g (61.5%), Cholesterol: 169.08mg (56.36%), Sodium: 408.48mg (17.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.92g (41.84%), Vitamin K: 75.53µg (71.94%), Vitamin E: 8.21mg (54.75%), Manganese: 0.92mg (46.22%), Vitamin B3: 8.24mg (41.18%), Selenium: 26.79µg (38.27%), Phosphorus: 352.89mg (35.29%), Vitamin B2: 0.51mg (30.13%), Folate: 116.86µg (29.22%), Magnesium: 98.71mg (24.68%), Vitamin B1: 0.34mg (22.97%), Calcium: 176.06mg (17.61%), Iron: 3.15mg (17.51%), Vitamin B6: 0.33mg (16.43%), Vitamin B5: 1.48mg (14.83%), Zinc: 2.19mg (14.57%), Copper: 0.28mg (14.02%), Fiber: 3.12g (12.47%), Potassium: 432.23mg (12.35%), Vitamin B12: 0.63µg (10.58%), Vitamin D: 1.38µg (9.17%), Vitamin A: 310.5IU (6.21%)