



## Chocolate Stout Mug Cake

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



964 kcal

DESSERT

### Ingredients

- ☐ 4 tablespoons all purpose flour
- ☐ 0.5 tsp double-acting baking powder
- ☐ 5.5 tablespoons guinness beer
- ☐ 1 eggs
- ☐ 5 tablespoons granulated sugar white
- ☐ 3.5 tablespoons milk
- ☐ 3.5 tablespoons oil
- ☐ 2.5 tablespoons cocoa powder unsweetened

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1 tablespoon vanilla extract

## Equipment

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whisk

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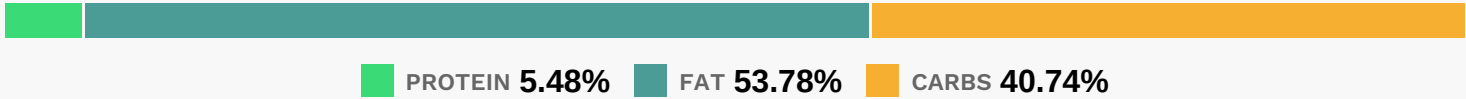
microwave

## Directions

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Mix all ingredients into a beer mug with a small whisk or fork until batter is smooth. Cook in microwave for approximately 1 1/2 minutes. Make sure not to overcook or the cake becomes rubbery.

## Nutrition Facts



## Properties

Glycemic Index:275.09, Glycemic Load:59.96, Inflammation Score:-7, Nutrition Score:20.264347988626%

## Flavonoids

Catechin: 8.1mg, Catechin: 8.1mg, Catechin: 8.1mg, Catechin: 8.1mg Epicatechin: 24.55mg, Epicatechin: 24.55mg, Epicatechin: 24.55mg, Epicatechin: 24.55mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 963.98kcal (48.2%), Fat: 57.07g (87.8%), Saturated Fat: 7.02g (43.85%), Carbohydrates: 97.24g (32.41%), Net Carbohydrates: 91.8g (33.38%), Sugar: 64.51g (71.68%), Cholesterol: 169.98mg (56.66%), Sodium: 331.23mg (14.4%), Alcohol: 4.47g (100%), Alcohol %: 1.64% (100%), Caffeine: 28.75mg (9.58%), Protein: 13.1g (26.19%), Vitamin E: 9.09mg (60.63%), Selenium: 26.83µg (38.33%), Manganese: 0.73mg (36.56%), Vitamin K: 35.63µg (33.93%), Phosphorus: 315.47mg (31.55%), Copper: 0.56mg (28.15%), Vitamin B2: 0.48mg (27.98%), Calcium: 246.89mg (24.69%), Iron: 4.2mg (23.33%), Fiber: 5.44g (21.76%), Magnesium: 82.74mg (20.68%), Folate: 79.58µg (19.9%), Vitamin B1: 0.29mg (19.58%), Zinc: 1.86mg (12.43%), Vitamin B12: 0.68µg (11.25%), Vitamin B3: 2.19mg (10.94%), Potassium: 382.47mg (10.93%), Vitamin B5: 1.04mg (10.38%), Vitamin D: 1.46µg (9.72%), Vitamin B6: 0.14mg (6.91%), Vitamin A: 322.65IU (6.45%)