



Coffee Cake Mug Cake



Vegetarian



Popular

READY IN



5 min.

SERVINGS



1

CALORIES



827 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.1 teaspoon double-acting baking powder
- ☐ 3 tbsp brown sugar
- ☐ 1 tbsp butter melted (not)
- ☐ 0.1 tsp cinnamon
- ☐ 1 eggs
- ☐ 1.5 tbsp flour
- ☐ 3 tablespoons milk
- ☐ 2 tablespoons oil

- ☐ 1 tablespoon cup heavy whipping cream sour
- ☐ 4 tablespoons sugar

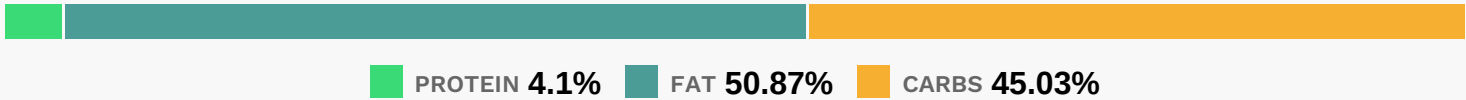
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ Combine all ingredients except streusel ingredients into oversized mug. Stir with a small whisk or fork until batter is smooth. Make sure your mug is very big or else the streusel will slide right out during cooking. You can divide batter into two mugs, but then I recommend doubling the streusel recipe.
- ☐ Make streusel in small bowl with fork until butter is mixed with the flour and sugar and resembles a coarse topping.
- ☐ Cook in microwave for about 1 1/2 minutes.

Nutrition Facts



Properties

Glycemic Index:330.09, Glycemic Load:40.65, Inflammation Score:-4, Nutrition Score:11.139130510714%

Nutrients (% of daily need)

Calories: 826.63kcal (41.33%), Fat: 47.74g (73.44%), Saturated Fat: 12.8g (80.03%), Carbohydrates: 95.09g (31.7%), Net Carbohydrates: 94.61g (34.41%), Sugar: 85.61g (95.12%), Cholesterol: 206.69mg (68.9%), Sodium: 238.42mg (10.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.3%), Vitamin E: 5.77mg (38.49%), Selenium: 19.49µg (27.85%), Vitamin B2: 0.35mg (20.76%), Vitamin K: 21.54µg (20.51%), Phosphorus: 169.85mg (16.99%), Calcium: 160.2mg (16.02%), Vitamin A: 741.08IU (14.82%), Vitamin B12: 0.68µg (11.4%), Folate: 42.79µg (10.7%), Vitamin B5: 1mg (9.96%), Iron: 1.66mg (9.25%), Vitamin D: 1.38µg (9.17%), Vitamin B1: 0.13mg (8.95%), Manganese: 0.17mg (8.7%), Vitamin B6: 0.13mg (6.39%), Zinc: 0.9mg (6.03%), Potassium: 209.01mg (5.97%), Magnesium: 18.21mg (4.55%), Vitamin B3: 0.81mg (4.03%), Copper: 0.07mg (3.6%), Fiber: 0.48g (1.91%)