



Cookies and Cream Mug Cake

 Popular

READY IN



5 min.

SERVINGS



1

CALORIES



1036 kcal

DESSERT

Ingredients

- 0.1 tsp double-acting baking powder
- 1 eggs
- 5.5 tbsp flour
- 1 cup heavy whipped cream
- 3 tbsp milk
- 3 tbsp oil
- 3 oreos crushed fine (I ran mine through a food processor. the cookie must be enough so that it fits through the piping tip)
- 2.5 tbsp sugar

Equipment

- food processor
- microwave

Directions

- Mix all ingredients for the cake in an oversized mug except the oreos. After batter is smooth, add in the oreos and crush oreos into batter with a metal spoon. Cook for approximately 1 1/2 minutes in microwave. Check on middle of cake. If not done, cook for about 20 more seconds. Careful not to overcook or cake becomes rubbery. Mine was done at 1 1/2 minutes.
- While cake is cooling, making the frosting. Whip the heavy cream and sugar on high speed. Crush oreos separately in a food processor. Oreo crumbs must be fine enough that they fit through piping tip if you are piping the frosting. After the heavy cream becomes thick and forms peaks, gently fold in the crushed oreos before placing frosting into piping bag. The recipe makes more frosting than needed for one serving but it's hard to make a one serving frosting.

Nutrition Facts

 PROTEIN 5.67%  FAT 59.68%  CARBS 34.65%

Properties

Glycemic Index:394.09, Glycemic Load:60.78, Inflammation Score:-6, Nutrition Score:19.09391299538%

Nutrients (% of daily need)

Calories: 1035.55kcal (51.78%), Fat: 69.32g (106.64%), Saturated Fat: 16.1g (100.61%), Carbohydrates: 90.57g (30.19%), Net Carbohydrates: 89.06g (32.39%), Sugar: 43.66g (48.51%), Cholesterol: 214.68mg (71.56%), Sodium: 252.35mg (10.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.81g (29.62%), Vitamin E: 8.98mg (59.84%), Selenium: 31.23µg (44.61%), Vitamin B2: 0.61mg (35.64%), Vitamin K: 34.78µg (33.12%), Vitamin B1: 0.49mg (32.98%), Folate: 122.27µg (30.57%), Phosphorus: 262.92mg (26.29%), Manganese: 0.43mg (21.29%), Iron: 3.69mg (20.48%), Calcium: 184.76mg (18.48%), Vitamin B3: 3.54mg (17.71%), Vitamin A: 747.3IU (14.95%), Vitamin B12: 0.81µg (13.48%), Vitamin B5: 1.3mg (12.97%), Vitamin D: 1.62µg (10.77%), Zinc: 1.41mg (9.42%), Vitamin B6: 0.17mg (8.31%), Potassium: 287.67mg (8.22%), Magnesium: 30.71mg (7.68%), Copper: 0.13mg (6.33%), Fiber: 1.5g (6.02%)