



Flourless Peanut Butter Mug Cake



Vegetarian



Gluten Free



Popular

READY IN



5 min.

SERVINGS



1

CALORIES



360 kcal

DESSERT

Ingredients

- ☐ 0.3 tsp double-acting baking powder
- ☐ 1 large eggs
- ☐ 1 tbsp heavy cream
- ☐ 2 tbsp peanut butter
- ☐ 1 tbsp sugar

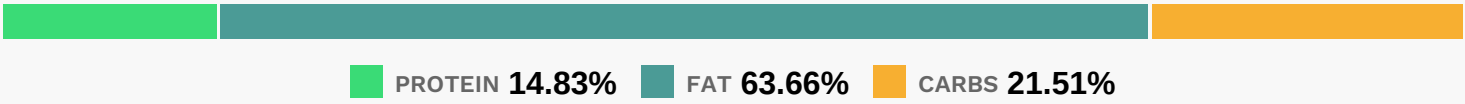
Equipment

- ☐ whisk
- ☐ microwave

Directions

- ☐ Mix all ingredients into a mug. Stir with a small whisk or fork.
- ☐ Microwave for about 1 min. Check on the cake. If not done, cook for an additional 15–30 seconds.

Nutrition Facts



Properties

Glycemic Index:176.09, Glycemic Load:9.45, Inflammation Score:-5, Nutrition Score:11.86086958582%

Nutrients (% of daily need)

Calories: 360.35kcal (18.02%), Fat: 26.56g (40.86%), Saturated Fat: 8.25g (51.54%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 18.65g (6.78%), Sugar: 15.96g (17.73%), Cholesterol: 202.95mg (67.65%), Sodium: 334.35mg (14.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.93g (27.85%), Selenium: 17.19µg (24.55%), Manganese: 0.48mg (24.19%), Phosphorus: 241.38mg (24.14%), Vitamin E: 3.58mg (23.85%), Vitamin B3: 4.3mg (21.52%), Vitamin B2: 0.32mg (18.83%), Magnesium: 61.44mg (15.36%), Folate: 51.62µg (12.91%), Calcium: 121.27mg (12.13%), Vitamin B6: 0.23mg (11.62%), Vitamin B5: 1.14mg (11.44%), Zinc: 1.5mg (9.97%), Vitamin A: 490.5IU (9.81%), Iron: 1.58mg (8.76%), Copper: 0.17mg (8.65%), Vitamin D: 1.24µg (8.27%), Vitamin B12: 0.47µg (7.82%), Potassium: 264.2mg (7.55%), Fiber: 1.54g (6.15%), Vitamin B1: 0.07mg (4.48%)