



French Toast Mug Cake

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



173 kcal

DESSERT

Ingredients

- ☐ 1 slice bread for toast for something fancier cut into small cubes 1/2 inch by 1/2 inch canned (the size usually used) (you can also use brioche bread)
- ☐ 0.1 tsp cinnamon
- ☐ 0.5 eggs
- ☐ 1 tbsp granulated sugar
- ☐ 2 tbsp milk

Equipment

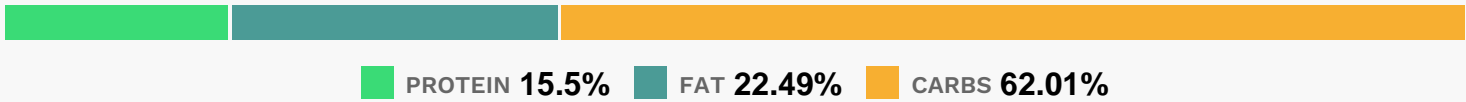
- ☐ whisk

☐ microwave

Directions

- ☐ Place pieces of toast into a large microwave safe mug. First, circle the inside of the cup with cubes of toast, then fill the middle. Continue to stack up until you run out, so that it forms a tower of toast inside the mug.
- ☐ In a separate cup, mix the egg, milk, cinnamon and sugar with a small whisk.
- ☐ Pour over toast, making sure that the batter touches all of the toast. Cook for about 1 minute in microwave or until egg custard mixture is completely cooked. You can eat in the mug or you can easily remove the tower of French toast from the mug onto a plate.
- ☐ Serve with syrup. Note: this recipe is for one serving, but you can easily double to make two cups and then you don't need to halve the egg. Just make sure to cook each mug separately.

Nutrition Facts



Properties

Glycemic Index:171.76, Glycemic Load:16.06, Inflammation Score:-2, Nutrition Score:6.8839131366947%

Nutrients (% of daily need)

Calories: 173.18kcal (8.66%), Fat: 4.36g (6.71%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 27.07g (9.02%), Net Carbohydrates: 25.78g (9.37%), Sugar: 15.11g (16.79%), Cholesterol: 85.44mg (28.48%), Sodium: 175.23mg (7.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.53%), Selenium: 15.47µg (22.1%), Manganese: 0.4mg (19.92%), Vitamin B2: 0.21mg (12.64%), Phosphorus: 110.19mg (11.02%), Vitamin B1: 0.14mg (9.38%), Calcium: 87.6mg (8.76%), Folate: 34.16µg (8.54%), Vitamin B3: 1.62mg (8.09%), Iron: 1.43mg (7.92%), Vitamin B5: 0.68mg (6.8%), Vitamin B12: 0.36µg (5.96%), Fiber: 1.29g (5.17%), Vitamin D: 0.77µg (5.13%), Zinc: 0.71mg (4.7%), Magnesium: 17.92mg (4.48%), Vitamin B6: 0.09mg (4.36%), Vitamin A: 168.92IU (3.38%), Potassium: 116.48mg (3.33%), Copper: 0.06mg (2.98%), Vitamin E: 0.31mg (2.04%), Vitamin K: 1.63µg (1.55%)