



Kahlua Mug Cake



Vegetarian



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



855 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 eggs
- ☐ 5.5 tablespoons flour all-purpose
- ☐ 3 tablespoons kahlua
- ☐ 3 tablespoons oil
- ☐ 2.5 tablespoons sugar

Equipment

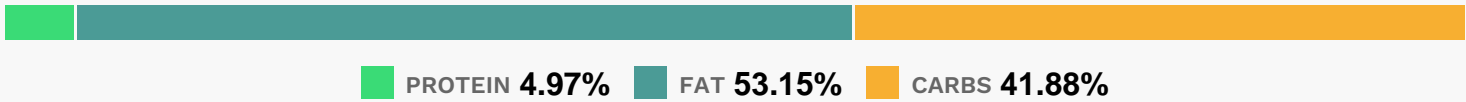
- ☐ whisk

☐ microwave

Directions

- ☐ Combine all ingredients into oversized mug. Stir with a small whisk or fork until batter is smooth.
- ☐ Microwave for 1 1/2 minutes. The surface of the cake may look a little wet, but as long as the middle of the cake is cooked then you should be okay. If cake is not done, microwave for an additional 30 seconds, but be careful not to overcook or else the cake will become rubbery. Mine was done at 1 1/2 minutes.
- ☐ Serve while warm.

Nutrition Facts



Properties

Glycemic Index:237.09, Glycemic Load:43.97, Inflammation Score:-5, Nutrition Score:13.496087001718%

Nutrients (% of daily need)

Calories: 854.73kcal (42.74%), Fat: 46.82g (72.03%), Saturated Fat: 4.58g (28.61%), Carbohydrates: 83.01g (27.67%), Net Carbohydrates: 81.9g (29.78%), Sugar: 51.27g (56.97%), Cholesterol: 163.68mg (54.56%), Sodium: 173.21mg (7.53%), Alcohol: 9.77g (100%), Alcohol %: 6.09% (100%), Protein: 9.85g (19.7%), Vitamin E: 7.84mg (52.24%), Selenium: 27.67µg (39.53%), Vitamin K: 30.2µg (28.76%), Vitamin B2: 0.41mg (24.15%), Folate: 96.17µg (24.04%), Vitamin B1: 0.34mg (22.76%), Iron: 2.81mg (15.61%), Phosphorus: 153.58mg (15.36%), Manganese: 0.29mg (14.75%), Vitamin B3: 2.47mg (12.34%), Calcium: 89.89mg (8.99%), Vitamin B5: 0.86mg (8.55%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Zinc: 0.86mg (5.73%), Vitamin A: 237.6IU (4.75%), Copper: 0.09mg (4.66%), Vitamin B6: 0.09mg (4.65%), Fiber: 1.12g (4.46%), Magnesium: 14.63mg (3.66%), Potassium: 105.66mg (3.02%)