



Light Strawberry Mug Cake



Vegetarian



Popular

READY IN



10 min.

SERVINGS



2

CALORIES



278 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon double-acting baking powder
- ☐ 1 eggs
- ☐ 5.5 tablespoons flour all-purpose
- ☐ 5 tablespoon nonfat milk
- ☐ 1 tablespoon oil
- ☐ 2 strawberries cut into 4-5 pieces each
- ☐ 4 tablespoons sugar

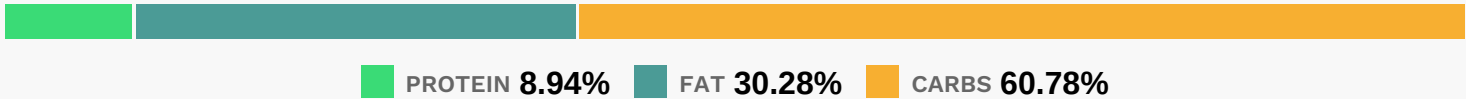
Equipment

- ☐ whisk
- ☐ microwave

Directions

- ☐ Combine all ingredients except strawberries into a microwave safe mug. Stir with a small whisk or fork until batter is smooth.
- ☐ Pour half of the batter into another mug. Carefully drop strawberry pieces on top.
- ☐ Microwave one mug for 1 min 30 seconds. If cake is not done, microwave for an additional 30 seconds, but it should be done around 1 1/2 minutes. The best way to check if it is done is to check the middle of the cake. Careful not to overcook the cake or the texture becomes too rubbery. Repeat with remaining mug.
- ☐ Serve while warm.

Nutrition Facts



Properties

Glycemic Index:155.17, Glycemic Load:29.09, Inflammation Score:-3, Nutrition Score:7.5147826878921%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 277.54kcal (13.88%), Fat: 9.44g (14.52%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 41.83g (15.21%), Sugar: 26.57g (29.52%), Cholesterol: 82.96mg (27.66%), Sodium: 73.89mg (3.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Selenium: 14.69µg (20.98%), Vitamin B2:

0.26mg (15.22%), Vitamin B1: 0.19mg (12.97%), Folate: 51.71µg (12.93%), Phosphorus: 114.32mg (11.43%), Vitamin E: 1.5mg (10.02%), Manganese: 0.2mg (9.76%), Vitamin C: 7.06mg (8.55%), Calcium: 81.76mg (8.18%), Iron: 1.43mg (7.95%), Vitamin B12: 0.41µg (6.89%), Vitamin B3: 1.32mg (6.62%), Vitamin B5: 0.58mg (5.76%), Vitamin D: 0.85µg (5.68%), Vitamin K: 5.38µg (5.13%), Zinc: 0.62mg (4.11%), Vitamin A: 196.74IU (3.93%), Potassium: 133.94mg (3.83%), Vitamin B6: 0.07mg (3.69%), Magnesium: 13.31mg (3.33%), Fiber: 0.8g (3.19%), Copper: 0.05mg (2.69%)