



Microwave Strawberry Cream Mug Cake for Two

READY IN



20 min.

SERVINGS



2

CALORIES



396 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons duncan hines classic decadent cake mix white
- ☐ 1 eggs
- ☐ 2 tablespoons milk
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon strawberry gelatin
- ☐ 1 tablespoon water hot
- ☐ 0.3 cup milk
- ☐ 2 tablespoons condensed milk sweetened (not evaporated)

- ☐ 1 tablespoon strawberry gelatin
- ☐ 0.5 cup non-dairy whipped topping
- ☐ 2 tablespoons chocolate syrup
- ☐ 2 strawberries fresh
- ☐ 4 celery stalks

Equipment

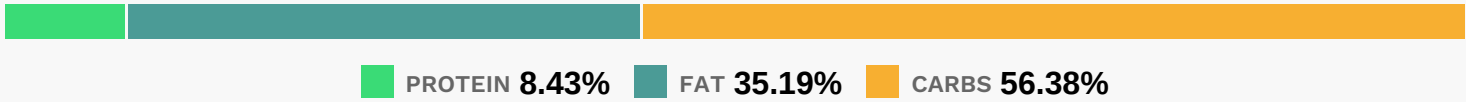
- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ toothpicks
- ☐ microwave
- ☐ skewers

Directions

- ☐ Lightly grease 2 (14- to 16-oz) mugs with vegetable oil using paper towel.
- ☐ In medium bowl, place cake mix. With whisk, beat in egg, 2 tablespoons milk and 1 tablespoon oil. In small cup, dissolve 1 tablespoon gelatin in hot water. Beat into cake batter. Divide batter evenly between mugs, about 1/2 cup in each mug.
- ☐ Microwave mugs on High 30 seconds.
- ☐ Let stand 5 seconds. Microwave on High 30 seconds longer.
- ☐ Let stand 5 seconds. Cake is done when toothpick inserted in center comes out clean.
- ☐ Using bamboo skewer or sharp knife, gently poke several holes in each mug cake.
- ☐ To make Strawberry Cream Syrup, in small microwavable bowl, beat both milks with whisk to blend. Microwave on High 30 seconds or until hot. Beat in 1 tablespoon gelatin.
- ☐ Pour half of the cream syrup over each cake.
- ☐ Let cake stand 2 minutes or until cream syrup is absorbed.
- ☐ Top each cake with 1/4 cup whipped topping; drizzle each with 1 tablespoon chocolate syrup.

- ☐
- Garnish each cake with 1 strawberry and 2 chocolate sticks.
- ☐
- Serve immediately. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:104.5, Glycemic Load:7.75, Inflammation Score:-3, Nutrition Score:9.8426086902618%

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 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 Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 396.2kcal (19.81%), Fat: 15.65g (24.08%), Saturated Fat: 6.34g (39.61%), Carbohydrates: 56.4g (18.8%), Net Carbohydrates: 55.27g (20.1%), Sugar: 43.69g (48.54%), Cholesterol: 94.47mg (31.49%), Sodium: 297.27mg (12.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.88%), Phosphorus: 270.29mg (27.03%), Selenium: 13.79µg (19.7%), Calcium: 196.03mg (19.6%), Vitamin B2: 0.33mg (19.55%), Vitamin K: 16.74µg (15.95%), Vitamin C: 7.86mg (9.53%), Vitamin B12: 0.57µg (9.45%), Manganese: 0.19mg (9.35%), Folate: 35.22µg (8.81%), Potassium: 290.15mg (8.29%), Magnesium: 32.74mg (8.19%), Copper: 0.16mg (7.99%), Vitamin E: 1.19mg (7.95%), Iron: 1.38mg (7.66%), Vitamin B5: 0.76mg (7.61%), Vitamin B1: 0.11mg (7.43%), Vitamin D: 0.98µg (6.54%), Zinc: 0.96mg (6.37%), Vitamin A: 297.14IU (5.94%), Vitamin B6: 0.1mg (4.91%), Fiber: 1.14g (4.54%), Vitamin B3: 0.8mg (3.99%)