



One minute Brownie mug cake

READY IN



11 min.

SERVINGS



2

CALORIES



416 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 eggs
- ☐ 2 tablespoons flour
- ☐ 2 oz semi chocolate chips chopped (or chocolate)
- ☐ 4 tablespoons sugar

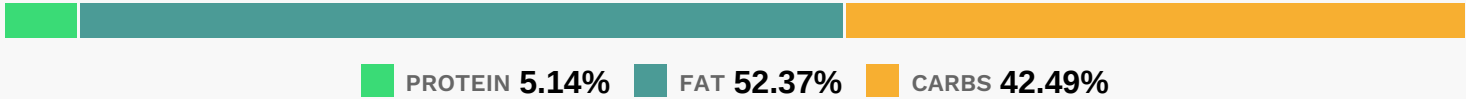
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Select two microwave safe mugs. In each mug place one tbsp of butter and 1 oz of semisweet chocolate. Microwave each mug for 40 seconds (microwave them separately).
- ☐ Remove and stir until chocolate is completely melted with a small fork.
- ☐ Add 2 tbsp sugar to each mug and stir. Beat egg in a small bowl, add half to each mug and mix.
- ☐ Add in 1 tbsp flour to each cup and mix until smooth.
- ☐ Cook each brownie for 1 minute in microwave (do each separately).
- ☐ Serve while warm.

Nutrition Facts



Properties

Glycemic Index:97.55, Glycemic Load:20.9, Inflammation Score:-4, Nutrition Score:7.8869565673496%

Nutrients (% of daily need)

Calories: 415.68kcal (20.78%), Fat: 24.46g (37.63%), Saturated Fat: 14.14g (88.39%), Carbohydrates: 44.65g (14.88%), Net Carbohydrates: 42.18g (15.34%), Sugar: 34.47g (38.3%), Cholesterol: 113.64mg (37.88%), Sodium: 124.48mg (5.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 5.4g (10.8%), Manganese: 0.43mg (21.7%), Copper: 0.38mg (19.11%), Selenium: 11.96µg (17.09%), Iron: 2.54mg (14.11%), Magnesium: 54.47mg (13.62%), Phosphorus: 128.73mg (12.87%), Fiber: 2.47g (9.88%), Vitamin A: 482.83IU (9.66%), Vitamin B2: 0.16mg (9.46%), Zinc: 1.1mg (7.35%), Folate: 24.49µg (6.12%), Potassium: 202.97mg (5.8%), Vitamin B1: 0.08mg (5.16%), Vitamin E: 0.73mg (4.85%), Vitamin B5: 0.47mg (4.71%), Vitamin B12: 0.27µg (4.51%), Vitamin B3: 0.7mg (3.51%), Calcium: 34.62mg (3.46%), Vitamin K: 3.11µg (2.96%), Vitamin D: 0.44µg (2.93%), Vitamin B6: 0.05mg (2.54%)