



Peanut Butter Chocolate Mug Cake

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



911 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons all purpose flour
- ☐ 0.3 tsp double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 3 tablespoons cocoa powder
- ☐ 1 eggs
- ☐ 4 tablespoons granulated sugar white
- ☐ 3 tablespoons milk
- ☐ 2 tablespoons peanut butter

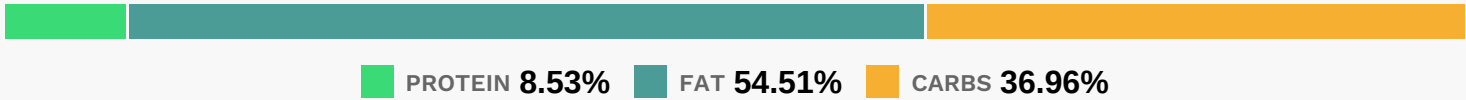
Equipment

- ☐ whisk
- ☐ microwave

Directions

- ☐ Combine all ingredients in an oversized mug.
- ☐ Whisk well with a fork until smooth. Microwave on high for about 1 to 1 1/2 minutes. You don't want to overcook it or it will become rubbery.

Nutrition Facts



Properties

Glycemic Index:339.09, Glycemic Load:51.96, Inflammation Score:-8, Nutrition Score:24.288695656735%

Flavonoids

Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg Epicatechin: 29.46mg, Epicatechin: 29.46mg, Epicatechin: 29.46mg, Epicatechin: 29.46mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 910.91kcal (45.55%), Fat: 58.54g (90.06%), Saturated Fat: 28.29g (176.82%), Carbohydrates: 89.28g (29.76%), Net Carbohydrates: 81.39g (29.59%), Sugar: 53.96g (59.96%), Cholesterol: 259.38mg (86.46%), Sodium: 613.05mg (26.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 34.5mg (11.5%), Protein: 20.62g (41.23%), Manganese: 1.27mg (63.27%), Phosphorus: 418.83mg (41.88%), Selenium: 28.7µg (41%), Copper: 0.78mg (39.09%), Magnesium: 147.36mg (36.84%), Vitamin B3: 6.45mg (32.26%), Fiber: 7.9g (31.59%), Vitamin B2: 0.53mg (31.3%), Vitamin E: 4.41mg (29.38%), Iron: 4.96mg (27.55%), Folate: 109.16µg (27.29%), Vitamin A: 1360.08IU (27.2%), Vitamin B1: 0.34mg (22.42%), Calcium: 197.5mg (19.75%), Zinc: 2.84mg (18.93%), Potassium: 580.07mg (16.57%), Vitamin B5: 1.4mg (13.97%), Vitamin B6: 0.28mg (13.82%), Vitamin B12: 0.71µg (11.77%), Vitamin D: 1.38µg (9.17%), Vitamin K: 3.77µg (3.59%)