



Peanut butter mug cake

 Vegetarian

READY IN



7 min.

SERVINGS



1

CALORIES



1032 kcal

DESSERT

Ingredients

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

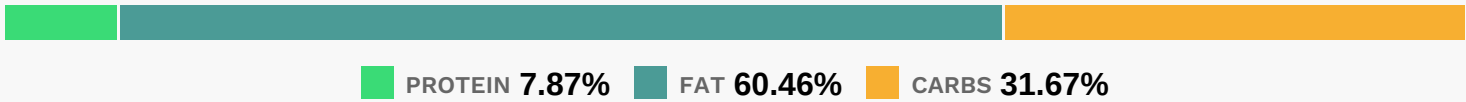
Equipment

- ☐ whisk
- ☐ microwave

Directions

- ☐ Combine all ingredients in an oversized coffee mug.
- ☐ Whisk well with a small whisk until smooth. Microwave on high for 1 1/2 minutes and then take it out to check to see if it is done. If not, continue to microwave in thirty second intervals. Mine was done at 2 minutes. You don't want to overcook it or it will become rubbery. You can also make this into two smaller-sized mugs. You can mix the batter all in one mug and then pour half into another mug. Make sure you cook each one individually.

Nutrition Facts



Properties

Glycemic Index:289.09, Glycemic Load:52.34, Inflammation Score:-6, Nutrition Score:23.495652406112%

Nutrients (% of daily need)

Calories: 1031.76kcal (51.59%), Fat: 71.4g (109.85%), Saturated Fat: 13.33g (83.32%), Carbohydrates: 84.14g (28.05%), Net Carbohydrates: 81.03g (29.46%), Sugar: 55.35g (61.5%), Cholesterol: 169.08mg (56.36%), Sodium: 408.48mg (17.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.92g (41.84%), Vitamin K: 75.53µg (71.94%), Vitamin E: 8.21mg (54.75%), Manganese: 0.92mg (46.22%), Vitamin B3: 8.24mg (41.18%), Selenium: 26.79µg (38.27%), Phosphorus: 352.89mg (35.29%), Vitamin B2: 0.51mg (30.13%), Folate: 116.86µg (29.22%), Magnesium: 98.71mg (24.68%), Vitamin B1: 0.34mg (22.97%), Calcium: 176.06mg (17.61%), Iron: 3.15mg (17.51%), Vitamin B6: 0.33mg (16.43%), Vitamin B5: 1.48mg (14.83%), Zinc: 2.19mg (14.57%), Copper: 0.28mg (14.02%), Fiber: 3.12g (12.47%), Potassium: 432.23mg (12.35%), Vitamin B12: 0.63µg (10.58%), Vitamin D: 1.38µg (9.17%), Vitamin A: 310.5IU (6.21%)