



Peanut butter mug cake (low-fat)



Vegetarian



Popular

READY IN



5 min.

SERVINGS



1

CALORIES



675 kcal

DESSERT

Ingredients

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

Equipment

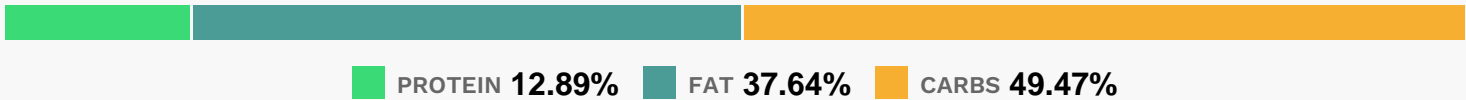
- ☐ whisk

☐ microwave

Directions

- ☐ Combine all ingredients in an oversized coffee mug.
- ☐ Whisk well with a small whisk until smooth. If there are flour chunks, use fork to break up chunks. 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 regular 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. They will likely be done faster (around 1 1/2 minutes).

Nutrition Facts



Properties

Glycemic Index:284.34, Glycemic Load:53, Inflammation Score:-6, Nutrition Score:21.003043489612%

Nutrients (% of daily need)

Calories: 674.69kcal (33.73%), Fat: 29.23g (44.97%), Saturated Fat: 6.32g (39.47%), Carbohydrates: 86.44g (28.81%), Net Carbohydrates: 83.33g (30.3%), Sugar: 57.73g (64.15%), Cholesterol: 166.38mg (55.46%), Sodium: 428.28mg (18.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.53g (45.06%), Manganese: 0.93mg (46.27%), Vitamin B3: 8.29mg (41.47%), Phosphorus: 403.74mg (40.37%), Selenium: 27.74µg (39.62%), Vitamin B2: 0.57mg (33.41%), Vitamin E: 4.85mg (32.35%), Folate: 118.66µg (29.67%), Magnesium: 104.11mg (26.03%), Vitamin B1: 0.37mg (24.65%), Calcium: 239.51mg (23.95%), Vitamin B6: 0.35mg (17.67%), Iron: 3.14mg (17.46%), Vitamin B5: 1.64mg (16.36%), Zinc: 2.41mg (16.04%), Vitamin B12: 0.91µg (15.23%), Potassium: 515.03mg (14.72%), Copper: 0.28mg (14.09%), Fiber: 3.12g (12.47%), Vitamin D: 1.87µg (12.47%), Vitamin A: 421.2IU (8.42%)