



Pumpkin Mug Cake

 Vegetarian

READY IN



7 min.

SERVINGS



1

CALORIES



479 kcal

DESSERT

Ingredients

- ☐ 7 tablespoons all purpose flour
- ☐ 0.3 tsp double-acting baking powder
- ☐ 1 eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup pumpkin puree
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons skim milk
- ☐ 0.3 cup sugar white

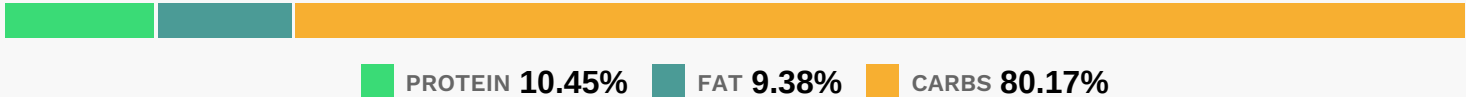
Equipment

- ☐ whisk
- ☐ microwave

Directions

- ☐ Place all ingredients into an oversized mug.
- ☐ Mix together with a small whisk or fork.
- ☐ Microwave on high for 1 minute 30 seconds. If there is any spillage at this point, wipe off side of mug. Check doneness. Microwave for 30 second intervals until done. Mine was complete at 2 minutes. Careful not to overcook cake or it will be rubbery.

Nutrition Facts



Properties

Glycemic Index:275.34, Glycemic Load:64.67, Inflammation Score:-10, Nutrition Score:19.704347807428%

Nutrients (% of daily need)

Calories: 479.39kcal (23.97%), Fat: 5.06g (7.79%), Saturated Fat: 1.56g (9.78%), Carbohydrates: 97.32g (32.44%), Net Carbohydrates: 93.86g (34.13%), Sugar: 53.75g (59.72%), Cholesterol: 164.58mg (54.86%), Sodium: 782.71mg (34.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.69g (25.38%), Vitamin A: 9832.61IU (196.65%), Selenium: 32.47µg (46.39%), Vitamin B2: 0.54mg (31.91%), Folate: 124.74µg (31.18%), Vitamin B1: 0.46mg (30.76%), Manganese: 0.55mg (27.67%), Iron: 4.26mg (23.64%), Phosphorus: 222.87mg (22.29%), Vitamin B3: 3.4mg (17%), Calcium: 161.48mg (16.15%), Fiber: 3.46g (13.85%), Vitamin B5: 1.26mg (12.58%), Vitamin K: 10.25µg (9.76%), Vitamin B12: 0.57µg (9.43%), Copper: 0.18mg (8.96%), Magnesium: 35.14mg (8.79%), Potassium: 296.67mg (8.48%), Vitamin D: 1.21µg (8.07%), Zinc: 1.19mg (7.93%), Vitamin E: 1.15mg (7.7%), Vitamin B6: 0.15mg (7.52%), Vitamin C: 2.59mg (3.14%)