



## Pumpkin Quick Bread Mug Cake

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



792 kcal

DESSERT

### Ingredients

- ☐ 0.1 tsp double-acting baking powder
- ☐ 1 eggs
- ☐ 5.5 tbsp flour
- ☐ 3.5 tbsp pumpkin ice cream melted
- ☐ 2.5 tbsp oil
- ☐ 3.5 tbsp sugar

### Equipment

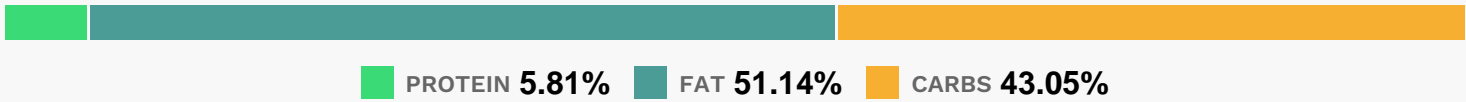
- ☐ knife

- ☐ whisk
- ☐ microwave

## Directions

- ☐ Scoop 3 1/2 tbsp ice cream and melt in microwave for about 25 seconds.
- ☐ Combine all ingredients into an oversized mug.
- ☐ Mix with a small whisk until smooth. Batter will be thick. Microwave for approximately 1 1/2 minutes until knife inserted in middle comes out clean. Top of cake may have a slightly wet/goosey texture, which is fine as long as the inside is cooked.

## Nutrition Facts



## Properties

Glycemic Index:298.09, Glycemic Load:59.47, Inflammation Score:-5, Nutrition Score:14.828261017799%

## Nutrients (% of daily need)

Calories: 791.56kcal (39.58%), Fat: 45.41g (69.87%), Saturated Fat: 7.53g (47.06%), Carbohydrates: 85.99g (28.66%), Net Carbohydrates: 84.52g (30.73%), Sugar: 53.16g (59.06%), Cholesterol: 186.44mg (62.15%), Sodium: 166.06mg (7.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.23%), Vitamin E: 6.77mg (45.11%), Selenium: 28.68µg (40.97%), Vitamin B2: 0.54mg (31.59%), Folate: 98.75µg (24.69%), Vitamin B1: 0.36mg (24.17%), Vitamin K: 25.37µg (24.16%), Phosphorus: 198.58mg (19.86%), Iron: 2.81mg (15.64%), Manganese: 0.3mg (14.98%), Calcium: 131.25mg (13.12%), Vitamin B3: 2.53mg (12.64%), Vitamin B5: 1.16mg (11.56%), Vitamin B12: 0.59µg (9.89%), Vitamin A: 455.38IU (9.11%), Zinc: 1.22mg (8.12%), Vitamin D: 0.98µg (6.56%), Potassium: 208.76mg (5.96%), Fiber: 1.48g (5.91%), Vitamin B6: 0.12mg (5.89%), Magnesium: 21.75mg (5.44%), Copper: 0.11mg (5.3%)