



Pumpkin Spice Latte Mug Cake

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



1459 kcal

DESSERT

Ingredients

- ☐ 7 tablespoons all purpose flour
- ☐ 0.3 tsp double-acting baking powder
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 eggs
- ☐ 1 cup heavy cream
- ☐ 0.3 cup pumpkin puree
- ☐ 0.3 tsp pumpkin spice
- ☐ 1.5 tablespoons pumpkin spice coffee brewed

- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons skim milk
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup sugar white

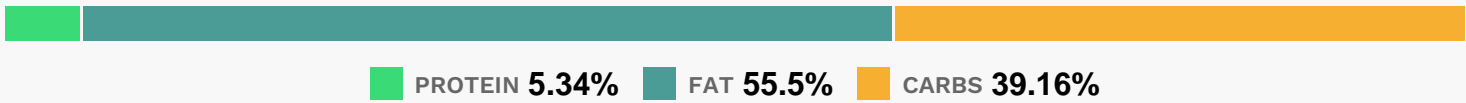
Equipment

- ☐ whisk
- ☐ microwave

Directions

- ☐ Place all ingredients into an oversized mug.
- ☐ Mix together with a small whisk or fork. If you don't have a huge oversized mug, split the batter into two cups and cook them separately.
- ☐ Microwave on high for 1 minute for small mug and 1 minute 30 second for large. Check doneness. Microwave for 30 second intervals until done. I made mine one giant serving and it was done at 2 minutes.
- ☐ While cake is cooling make frosting. Beat heavy cream, coffee and sugar on high speed until peaks form. Top on cake when cooled. You can also add a little bit more cinnamon over frosting.

Nutrition Facts



Properties

Glycemic Index:345.43, Glycemic Load:89.81, Inflammation Score:-10, Nutrition Score:31.582608720531%

Nutrients (% of daily need)

Calories: 1459.42kcal (72.97%), Fat: 92.28g (141.97%), Saturated Fat: 56.92g (355.75%), Carbohydrates: 146.47g (48.82%), Net Carbohydrates: 141.61g (51.5%), Sugar: 97.36g (108.18%), Cholesterol: 433.52mg (144.51%), Sodium: 561.55mg (24.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.99g (39.98%), Vitamin A: 13355.81IU (267.12%), Manganese: 2.05mg (102.49%), Vitamin B2: 1.01mg (59.39%), Selenium: 40.7µg (58.15%), Calcium: 383.02mg (38.3%), Phosphorus: 372.04mg (37.2%), Iron: 6.37mg (35.37%), Vitamin B1: 0.52mg (34.75%), Folate: 136.52µg (34.13%), Vitamin D: 5.02µg (33.45%), Vitamin E: 3.53mg (23.51%), Vitamin K: 20.54µg (19.56%), Fiber:

4.86g (19.43%), Vitamin B3: 3.76mg (18.82%), Vitamin B5: 1.87mg (18.65%), Potassium: 585.92mg (16.74%),
Magnesium: 64.61mg (16.15%), Vitamin B12: 0.95µg (15.77%), Vitamin B6: 0.27mg (13.57%), Zinc: 1.99mg (13.25%),
Copper: 0.25mg (12.66%), Vitamin C: 6.22mg (7.55%)