



Pure Nutella Mug Cake

 Vegetarian

READY IN



7 min.

SERVINGS



1

CALORIES



998 kcal

DESSERT

Ingredients

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

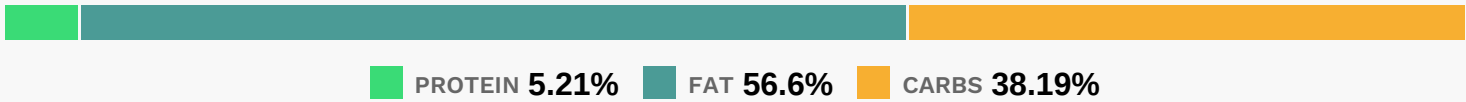
Equipment

- ☐ 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, microwave for another 30 seconds. 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:304.42, Glycemic Load:52.06, Inflammation Score:-4, Nutrition Score:20.145652273427%

Nutrients (% of daily need)

Calories: 998.15kcal (49.91%), Fat: 63.32g (97.41%), Saturated Fat: 24.25g (151.53%), Carbohydrates: 96.12g (32.04%), Net Carbohydrates: 92.31g (33.57%), Sugar: 68.31g (75.9%), Cholesterol: 169.08mg (56.36%), Sodium: 225.2mg (9.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.88mg (1.29%), Protein: 13.12g (26.24%), Vitamin K: 76.44µg (72.8%), Vitamin E: 6.59mg (43.95%), Selenium: 26.75µg (38.21%), Manganese: 0.7mg (35.1%), Vitamin B2: 0.51mg (30.15%), Phosphorus: 274.53mg (27.45%), Iron: 4.75mg (26.37%), Vitamin B1: 0.33mg (21.7%), Calcium: 212.36mg (21.24%), Folate: 83.35µg (20.84%), Copper: 0.34mg (16.91%), Fiber: 3.81g (15.24%), Magnesium: 53.11mg (13.28%), Vitamin B12: 0.78µg (13.07%), Vitamin B5: 1.17mg (11.72%), Potassium: 387.15mg (11.06%), Vitamin B3: 2.09mg (10.44%), Zinc: 1.55mg (10.36%), Vitamin D: 1.38µg (9.17%), Vitamin B6: 0.16mg (8.05%), Vitamin A: 312.17IU (6.24%)