



Red Velvet Mug Cake

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



41 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons buttermilk
- ☐ 1 large eggs
- ☐ 1 teaspoon liquid food coloring red
- ☐ 0.3 cup granulated sugar
- ☐ 1 pinch kosher salt
- ☐ 0.3 teaspoon rice vinegar
- ☐ 0.3 cup self-rising flour
- ☐ 2 tablespoons cocoa powder unsweetened

- ☐ 2 teaspoons vanilla extract pure
- ☐ 3 tablespoons vegetable oil

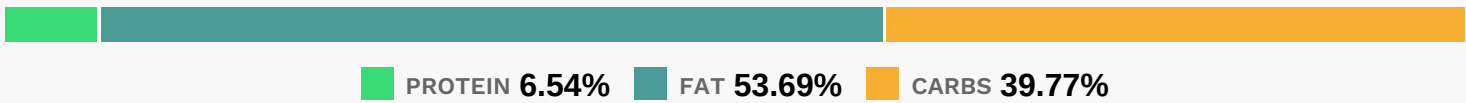
Equipment

- ☐ whisk
- ☐ microwave

Directions

- ☐ In a large mug, whisk together the egg and oil with a fork. Stir in the food coloring, buttermilk, vanilla, and sugar.
- ☐ Add the cocoa, flour, salt, and vinegar. Beat the batter until smooth. Divide the batter between two mugs. Microwave separately for 1 1/2 to 2 1/2 minutes each until risen and firm.
- ☐ Topping Ideas: Cream cheese frosting, Marshmallow Fluff, whipped cream, fresh berries, red sugar sprinkles, candied pecans, or chocolate shavings.Variation: Blue Velvet: You never know when you may need to make a blue cake. It's easily done by replacing cheap red liquid food coloring with cheap blue liquid food coloring. For any other cake color, you'll want to omit the cocoa powder, as it will give all other food colors a tinge of brown. If you make another color, replace the cocoa powder with an equal amount of flour.
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Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:2.51, Inflammation Score:-1, Nutrition Score:0.85043478400811%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 40.57kcal (2.03%), Fat: 2.45g (3.78%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.87g (1.41%), Sugar: 2.68g (2.98%), Cholesterol: 9.55mg (3.18%), Sodium: 8.05mg (0.35%), Alcohol: 0.14g (100%), Alcohol %: 1.44% (100%), Protein: 0.67g (1.35%), Vitamin K: 3.78µg (3.6%), Selenium: 1.56µg (2.23%), Manganese: 0.03mg (1.67%), Vitamin E: 0.2mg (1.34%), Copper: 0.02mg (1.23%), Phosphorus: 12.07mg (1.21%), Vitamin B2: 0.02mg (1.08%)