



Strawberry Mug Cake

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



804 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon double-acting baking powder
- ☐ 1 eggs
- ☐ 5.5 tablespoons flour all-purpose
- ☐ 3 tablespoons milk
- ☐ 3 tablespoons oil
- ☐ 2 strawberries cut into 4-5 pieces
- ☐ 4 tablespoons sugar

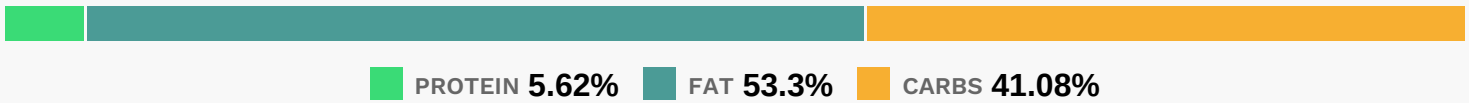
Equipment

- ☐ whisk
- ☐ microwave

Directions

- ☐ Combine all ingredients except strawberries into oversized mug. Stir with a small whisk or fork until batter is smooth. Carefully drop strawberry pieces on top.
- ☐ Microwave for 1 1/2 minutes. If cake is not done, microwave for an additional 30 seconds.
- ☐ Serve while warm.

Nutrition Facts



Properties

Glycemic Index:315.09, Glycemic Load:57.75, Inflammation Score:-5, Nutrition Score:16.200869435849%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 804.09kcal (40.2%), Fat: 48.25g (74.24%), Saturated Fat: 5.37g (33.58%), Carbohydrates: 83.69g (27.9%), Net Carbohydrates: 82.09g (29.85%), Sugar: 51.52g (57.24%), Cholesterol: 169.08mg (56.36%), Sodium: 134.13mg (5.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.88%), Vitamin E: 7.93mg (52.86%), Selenium: 28.73µg (41.05%), Vitamin K: 30.86µg (29.4%), Vitamin B2: 0.48mg (28.31%), Folate: 101.93µg (25.48%), Vitamin B1: 0.37mg (24.82%), Manganese: 0.39mg (19.5%), Phosphorus: 193.84mg (19.38%), Vitamin C: 14.11mg (17.11%), Iron: 2.86mg (15.9%), Vitamin B3: 2.61mg (13.04%), Calcium: 119.88mg (11.99%), Vitamin B12: 0.63µg (10.58%), Vitamin B5: 1.05mg (10.53%), Vitamin D: 1.38µg (9.17%), Zinc: 1.08mg (7.2%), Vitamin B6: 0.13mg (6.58%), Fiber: 1.59g (6.38%),

Vitamin A: 313.38IU (6.27%), Potassium: 210.14mg (6%), Magnesium: 23.01mg (5.75%), Copper: 0.11mg (5.32%)