



Triple Chocolate Mug Cake

READY IN



6 min.

SERVINGS



1

CALORIES



397 kcal

DESSERT

Ingredients

- 2 tablespoons baking mix bisquick heart smart®
- 1 tablespoon cocoa powder unsweetened
- 1 tablespoon granulated sugar
- 2 tablespoons milk
- 1 teaspoon canola oil
- 1 tablespoon peppermint candies white
- 1 tablespoon milk chocolate chips
- 0.5 teaspoon powdered sugar

Equipment

microwave

Directions

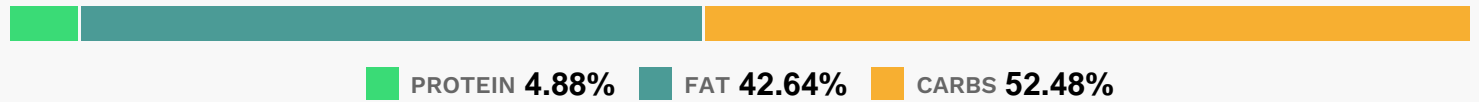
In small ungreased mug, beat Bisquick mix, cocoa, granulated sugar, milk and canola oil until well combined. Stir in chips.

Microwave uncovered on High 1 minute.

Let stand 2 to 3 minutes.

Sprinkle with powdered sugar. Enjoy.

Nutrition Facts



Properties

Glycemic Index:108.09, Glycemic Load:8.91, Inflammation Score:-3, Nutrition Score:7.427826149956%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 396.72kcal (19.84%), Fat: 19.64g (30.21%), Saturated Fat: 9.49g (59.31%), Carbohydrates: 54.37g (18.12%), Net Carbohydrates: 51.9g (18.87%), Sugar: 34.9g (38.78%), Cholesterol: 4.19mg (1.4%), Sodium: 399.12mg (17.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.5mg (3.83%), Protein: 5.06g (10.12%), Phosphorus: 240.01mg (24%), Manganese: 0.29mg (14.71%), Calcium: 129.26mg (12.93%), Vitamin B1: 0.19mg (12.72%), Copper: 0.24mg (11.81%), Vitamin B2: 0.19mg (10.89%), Fiber: 2.47g (9.88%), Folate: 38.57µg (9.64%), Magnesium: 35.94mg (8.99%), Iron: 1.52mg (8.45%), Vitamin B3: 1.48mg (7.42%), Potassium: 212.32mg (6.07%), Selenium: 3.58µg (5.12%), Vitamin E: 0.76mg (5.06%), Vitamin K: 4.99µg (4.75%), Vitamin B12: 0.28µg (4.62%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.39mg (3.86%), Vitamin B6: 0.05mg (2.33%), Vitamin D: 0.33µg (2.2%)