



Triple Chocolate Mug Cake

READY IN



6 min.

SERVINGS



1

CALORIES



354 kcal

DESSERT

Ingredients

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

Equipment

microwave

Directions

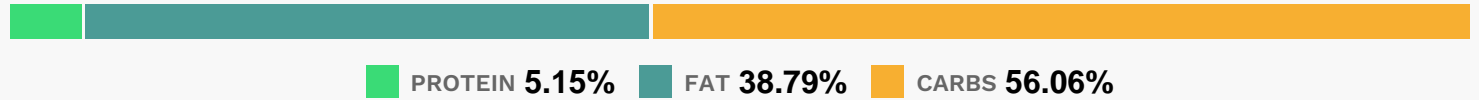
In small ungreased mug, beat Bisquick mix, cocoa, granulated sugar, milk and canola oil until well combined. Stir in chips.

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:7.5321739801894%

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: 353.86kcal (17.69%), Fat: 14.53g (22.36%), Saturated Fat: 5.11g (31.93%), Carbohydrates: 47.25g (15.75%), Net Carbohydrates: 44.78g (16.28%), Sugar: 28.15g (31.27%), Cholesterol: 4.19mg (1.4%), Sodium: 391.12mg (17.01%), Alcohol: 4.47g (100%), Alcohol %: 5.17% (100%), Caffeine: 11.5mg (3.83%), Protein: 4.34g (8.68%), Phosphorus: 240.79mg (24.08%), Manganese: 0.32mg (16.2%), Vitamin B1: 0.19mg (12.81%), Copper: 0.25mg (12.28%), Vitamin B2: 0.2mg (11.62%), Calcium: 108.51mg (10.85%), Fiber: 2.47g (9.88%), Folate: 38.57µg (9.64%), Magnesium: 37.5mg (9.38%), Iron: 1.54mg (8.54%), Vitamin B3: 1.54mg (7.69%), Potassium: 231.56mg (6.62%), Selenium: 3.58µg (5.12%), Vitamin E: 0.76mg (5.06%), Vitamin K: 4.99µg (4.75%), Vitamin B12: 0.28µg (4.62%), Zinc: 0.66mg (4.38%), Vitamin B5: 0.39mg (3.91%), Vitamin B6: 0.05mg (2.5%), Vitamin D: 0.33µg (2.2%)