

All Recipes

Al Recipe Builder

Similar Recipes

Cinnamon Banana Mug Cake *

A quick and easy cinnamon banana mug cake that can be enjoyed as a snack or dessert.

This mug cake is made with ripe bananas, cinnamon, and a few simple pantry ingredients. It's a warm and comforting treat that can be ready in just a few minutes.

Recipe Type: Standard Prep Time: 5 mins

Cook Time: 2 mins Total Time: 7 mins

Recipe Yield: 200 grams Number of Servings: 1

Serving Size: 200 g

Ingredients

100 g	Ripe bananas
30 g	all-purpose flour
20 g	brown sugar
1 tsp	baking powder
1 tsp	cinnamon

60 ml	milk
5 tsp	vegetable oil
1 tsp	vanilla extract
1 pinch	salt

Directions

Step 1

In a microwave-safe mug, mash the ripe bananas with a fork.

Prep Time: 1 mins

Cook Time: 0 mins

Step 2

Stirring

Add the flour, brown sugar, baking powder, cinnamon, milk, vegetable oil, vanilla extract, and salt to the mug. Mix well until combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Microwaving

Microwave the mug on high for 1 minute. Check the cake and microwave for an additional 30 seconds if needed, until the cake is cooked through.

Prep Time: 0 mins

Cook Time: 1 mins

Step 4



Remove the mug from the microwave and let the cake cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 320 kcal

Fat: 4 g

Protein: 5 g

Carbohydrates: 67 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	67 g	121.82%	134%
Fibers	4 g	10.53%	16%
Sugars	29 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------------	--------------------------------

Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	10 mg	1%	1%
Iron	10 mg	125%	55.56%
Potassium	450 mg	13.24%	17.31%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

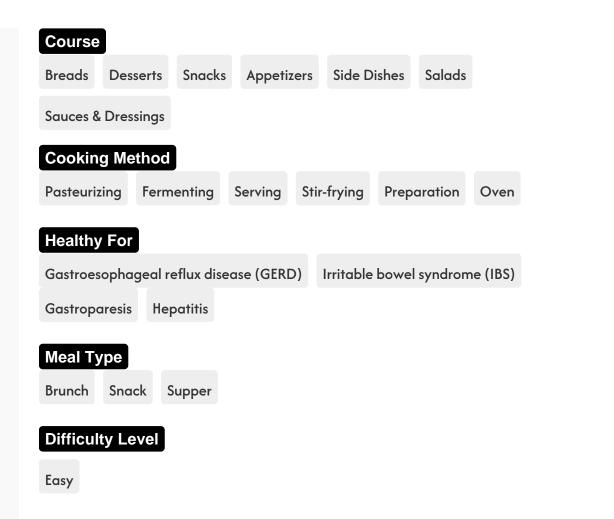
Recipe Attributes

Events

Christmas

Cuisines

Italian



Visit our website: healthdor.com