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## 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

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

<b>60 ml</b>	milk
<b>5 tsp</b>	vegetable oil
<b>1 tsp</b>	vanilla extract
<b>1 pinch</b>	salt

## Directions

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### Step 1

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

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### 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

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### 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

Cooling

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)
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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

## Course

Breads

Desserts

Snacks

Appetizers

Side Dishes

Salads

Sauces & Dressings

## Cooking Method

Pasteurizing

Fermenting

Serving

Stir-frying

Preparation

Oven

## Healthy For

Gastroesophageal reflux disease (GERD)

Irritable bowel syndrome (IBS)

Gastroparesis

Hepatitis

## Meal Type

Brunch

Snack

Supper

## Difficulty Level

Easy

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