



Healthdor

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Mug Brownie

A delicious and easy-to-make brownie that can be prepared in a mug. Perfect for a quick dessert fix!

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 1 mins

Total Time: 6 mins

Recipe Yield: 100 grams

Number of Servings: 1

Serving Size: 100 g

Ingredients

30 g	All-Purpose Flour
15 g	Cocoa Powder
30 g	Granulated Sugar
1 tsp	Salt
2 tbsp	Vegetable Oil
2 tbsp	Water

0.5 tsp Vanilla Extract

Directions

Step 1

Microwaving

In a microwave-safe mug, mix together the flour, cocoa powder, sugar, and salt.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stirring

Add the vegetable oil, water, and vanilla extract to the mug. Stir until well combined.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Microwaving

Microwave the mug on high for 1 minute, or until the brownie has risen and is set in the middle.

Prep Time: 0 mins

Cook Time: 1 mins

Step 4

Cooling

Let the mug brownie cool for a few minutes before serving. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 3 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	0 mg	0%	0%
Iron	8 mg	100%	44.44%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Picnic

Course

Desserts

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Fruitarian Diet

Low Sodium Diet

The 3-Day Diet

The Bulletproof Diet

The Optavia Diet

The Starch Solution Diet

The Dr. Sebi Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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