

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

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

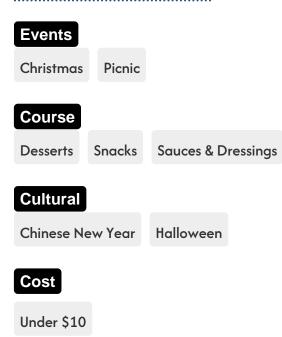
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)	
Vitamin A	0 iu	0%	0%	
Vitamin C	0 mg	0%	0%	
Vitamin B6	0 mg	0%	0%	
Vitamin B12	0 mcg	0%	0%	
Vitamin E	0 mg	0%	0%	

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



Demographics

Kids Friendly Teen Friendly

Diet

Vegetarian Diet	Vegan	Diet	Ove	o-Vegeto	arian Diet	Fru	uitarian Diet	
Low Sodium Diet	The 3	-Day [Diet	The Bu	ulletproof D	iet	The Optavi	a Diet
The Starch Solution Diet The Dr.			Dr. Se	bi Diet				

Meal Type

Snack Supper

Difficulty Level

Easy

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