



## The Egg Mug Classic



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Entire recipe: 125 calories, 1.5g total fat (1g sat. fat), 547mg sodium, 3.5g carbs, 0g fiber, 2.5g sugars, 20g protein

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**Prep:** 5 minutes or less    **Cook:** 5 minutes or less



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### Ingredients

3/4 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))  
1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)

### Directions

In a large microwave-safe mug sprayed with nonstick spray, microwave egg substitute for 1 1/2 minutes.

Mix in cheese wedge, breaking it into pieces. Microwave for 1 minute, or until set. Stir and enjoy!

MAKES 1 SERVING

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