



3-Ingredient Pineapple Cake in a Mug



Entire recipe: 135 calories, 1.5g total fat (0.5g sat fat), 244mg sodium, 27.5g carbs, 0.5g fiber, 16g sugars, 2.5g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

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



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

- 3 tbsp. yellow cake mix
- 1 1/2 tbsp. crushed pineapple in juice (not drained)
- 1 tbsp. (about 1/2 large) egg white or fat-free liquid egg substitute
- Optional: light whipped topping

Directions

Mix ingredients in a microwave-safe mug or small bowl sprayed with nonstick spray. Microwave for 1 minute, or until set.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.