



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

[Click for WW Points® value*](#)

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

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.