



## All-American Egg Mug



Entire recipe: 173 calories, 4g total fat (1g sat fat), 730mg sodium, 7.5g carbs, <0.5g fiber, 2g sugars, 22g protein

**Freestyle™** **SmartPoints®** value 3\*

**SmartPoints®** value 4\*

**Prep:** 5 Minutes    **Cook:** 5 Minutes



Tagged: [Breakfast Recipes](#), [Single Serving](#), [5 Ingredients or Less](#)

### Ingredients

- 1 frozen meatless or turkey sausage patty with 80 calories or less
- 1 tbsp. sugar-free pancake syrup
- 1/2 cup fat-free liquid egg substitute
- 1 slice fat-free American cheese

### Directions

In a large microwave-safe mug sprayed with nonstick spray, microwave sausage patty until warm. (See package for cook time.)

Crumble sausage into pieces and return to the mug. Add syrup and toss to coat. Add egg substitute, stir, and microwave for 1 minute. Stir and microwave for 1 more minute, or until set.

Tear cheese into pieces and add to the mug. Microwave for 15 seconds, or until cheese has melted. Stir and eat!

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.