



Buffalo Chicken Mug



Entire recipe: 280 calories, 11g total fat (5.5g sat. fat), 818mg sodium, 13g carbs, 4g fiber, 6g sugars, 33.5g protein

[Click for WW Points® value*](#)

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



More: [Lunch & Dinner Recipes](#), [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#), [Single Serving](#)

Ingredients

1 cup frozen riced cauliflower
1/4 cup shredded carrots
2 tbsp. light/reduced-fat cream cheese
2 tsp. grated Parmesan cheese
1/4 tsp. garlic powder
1/4 tsp. onion powder
Dash cayenne pepper
3 oz. cooked and chopped skinless chicken breast
2 1/2 tsp. Frank's RedHot Original Cayenne Pepper Sauce, or more for topping
1 tbsp. chopped scallions

Directions

Place cauliflower and carrots in a large microwave-safe mug. Cover and microwave for 1 1/2 minutes, or until cauliflower has thawed.

Add cream cheese, 1 tsp. Parm, and seasonings. Mix until uniform.

In a medium bowl, toss chicken with hot sauce. Spoon over the cauliflower mixture. Microwave for 1 minute, or until hot.

Top with scallions and remaining 1 tsp. Parm.

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.