



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

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

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



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

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

[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.)

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