



Chicken Fajita Scramble Mug



Entire recipe: 163 calories, 0.75g total fat (0g sat fat), 583mg sodium, 12g carbs, 1.25g fiber, 5.5g sugars, 26g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*



More: [Breakfast Recipes](#), [Single Serving](#)

Ingredients

- 1/4 cup chopped red bell pepper
- 1/4 cup chopped onion
- 1 oz. cooked skinless lean chicken breast, chopped
- 1 tsp. dry fajita seasoning mix
- 1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
- 2 tbsp. shredded fat-free cheddar cheese
- 1 tbsp. fat-free sour cream

Directions

Spray a large microwave-safe mug with nonstick spray. Add veggies, chicken, and fajita seasoning. Stir well to evenly distribute seasoning. Microwave for 1 - 2 minutes, until veggies have softened.

Add egg substitute and microwave for 1 minute.

Add cheese and gently stir. Microwave for an additional 45 - 60 seconds, until scramble is just set.

Allow to cool slightly. Top with sour cream and enjoy!

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.