



Denver Omelette in a Mug



Entire recipe: 122 calories, 0.75g total fat (<0.5g sat fat), 702mg sodium, 6g carbs, 0.5g fiber, 2.5g sugars, 21.5g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes **Cook:** 5 minutes



Tagged: [Breakfast Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1/4 cup chopped green bell pepper
2 tbsp. chopped onion
1/2 cup fat-free liquid egg substitute
1 oz. sliced 97% to 98% fat-free ham (about 2 slices), chopped
2 tbsp. shredded fat-free cheddar cheese

Directions

In a large microwave-safe mug sprayed with nonstick spray, microwave pepper and onion for 1 1/2 minutes, or until softened.

Blot away excess moisture. Add egg substitute, stir, and microwave for 1 minute.

Stir in ham and cheese. Microwave for 1 minute, or until set. Eat up!

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.