



Egg Mug Lorraine



Entire recipe: 128 calories, 3.5g total fat (1.5g sat fat), 680mg sodium, 3.5g carbs, 0g fiber, 2g sugars, 17g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

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



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

Ingredients

- 1/2 cup fat-free liquid egg substitute
- 1 tbsp. precooked real crumbled bacon
- 1 tsp. dried minced onion
- 1/2 tsp. Best Foods/Hellmann's Dijonnaise
- 1 wedge The Laughing Cow Light Creamy Swiss cheese

Directions

Spray a large microwave-safe mug with nonstick spray. Add all ingredients, breaking cheese wedge into pieces. Stir well. Microwave for 1 minute.

Stir and microwave for 1 more minute, or until set. 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.