



## Egg Mug Mexicali



Entire mug: 116 calories, 0.5g total fat (0g sat fat), 579mg sodium, 5.5g carbs, 1.5g fiber, 1.5g sugars, 21.5g protein

**Blue Plan (Freestyle™) SmartPoints®** value 2\*

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



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

### Ingredients

1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)  
1/4 cup frozen ground-beef-style soy crumbles (like the ones by Boca and MorningStar Farms)  
2 tbsp. shredded fat-free cheddar cheese  
1 tbsp. salsa

### Directions

Spray a large microwave-safe mug lightly with nonstick spray. Add egg substitute, soy crumbles, and cheese, and stir.

Microwave for about a minute. Stir gently, and then microwave for another 30 - 45 seconds, until scramble is just set.

Stir, top with salsa, 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.