



## EZ Mac & Cheese in a Mug



Entire recipe: 157 calories, 2.5g total fat (1g sat fat), 314mg sodium, 28g carbs, 4.5g fiber, 5g sugars, 7.5g protein

**Green Plan [SmartPoints](#)® value 4\***

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

**Purple Plan [SmartPoints](#)® value 1\***

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

## Ingredients

1 cup bagged broccoli cole slaw mix  
1 tbsp. cheddar cheese powder ([like Anthony's!](#))  
1/2 cup cooked pasta ([we like Banza](#))  
Optional seasonings: garlic powder and salt

## Directions

Place slaw in a microwave-safe mug or bowl. Add 1 tbsp. water. Cover and microwave for 1 1/2 minutes, or until soft.

In a small bowl, mix cheese powder with 1 tbsp. hot water. Add cheese mixture to the slaw, along with the cooked pasta. Mix thoroughly, and reheat if needed.

MAKES 1 SERVING

**HG Alternative:** Anthony's Cheddar Cheese Powder is our hands-down favorite! If it's currently unavailable, sign up for an email alert from Amazon for when it's back in stock. Or [try this version by Hoosier Hill Farm!](#) If those are BOTH out of stock, [click here to shop](#) best-selling cheese powders on Amazon.

[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.