



Kale & Sriracha Fluffy Egg Mug



Entire recipe: 170 calories, 4g total fat (1g sat fat), 565mg sodium, 8.5g carbs, 1g fiber, 2.5g sugars, 20g protein

Green Plan [SmartPoints](#)® value 3*

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

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

Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Recipes Developed for Our Partners](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1/2 cup chopped kale leaves
1/4 cup chopped onion
3/4 cup egg whites or fat-free liquid egg substitute
1 tbsp. [I Can't Believe It's Not Butter!® Light Spread](#)
1 tsp. sriracha hot chili sauce

Directions

In a large microwave-safe mug sprayed with nonstick spray, combine kale, onion, and 1 tbsp. water. Cover, and microwave for 1 1/2 minutes, or until softened.

Meanwhile, in a medium bowl, combine egg whites/substitute and I Can't Believe It's Not Butter!® Light Spread. Whisk for 2 minutes, until fluffy and mostly smooth.

Drain water from veggies, and blot away excess moisture. Add egg mixture and stir. Microwave for 1 minute.

Stir, and microwave for 1 1/2 minutes, or until set. Top with Sriracha sauce.

MAKES 1 SERVINGS

[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.)

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