



Pesto & Feta Egg Mug



Entire recipe: 234 calories, 12g total fat (5g sat. fat), 628mg sodium, 6.5g carbs, 0.5g fiber, 2g sugars, 23g protein

[Click for WW Points® value*](#)

WW Points® value 7*

Total: 5 minutes



More: [Breakfast Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Gluten-Free](#)

Ingredients

1/2 cup chopped spinach
3/4 cup (about 6 large) egg whites or liquid egg substitute
1/4 tsp. garlic powder
2 tbsp. whipped cream cheese
1 tbsp. pesto, or more for topping
1 tbsp. crumbled feta cheese
Optional topping: fresh basil

Directions

Spray a large microwave-safe mug with nonstick spray. Add spinach, and microwave for 30 seconds, or until slightly wilted.

Blot away excess moisture. Add egg whites/substitute and garlic powder. Mix well. Microwave for 1 minute.

Stir in cream cheese and pesto. Microwave for 1 minute and 15 seconds, or until set.

Top with feta.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.