



Pizza! Pizza! Egg Mug



Entire recipe: 134 calories, 3.25g total fat (1.5g sat fat), 746mg sodium, 5g carbs, 0.5g fiber, 3g sugars, 17.5g protein

Blue Plan (Freestyle™) SmartPoints® value 2*

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



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#)

Ingredients

2 tbsp. canned crushed tomatoes
1/8 tsp. Italian seasoning
1/2 cup fat-free liquid egg substitute
1 wedge The Laughing Cow Light Creamy Swiss cheese
6 slices turkey pepperoni, chopped
1/2 tsp. reduced-fat Parmesan-style grated topping

Directions

In a small bowl, mix crushed tomatoes with Italian seasoning.

In a large microwave-safe mug sprayed with nonstick spray, microwave egg substitute for 1 minute.

Stir in cheese wedge, breaking it into pieces. Microwave for 30 seconds.

Stir in seasoned tomatoes and chopped pepperoni. Microwave for 30 seconds, or until set. Sprinkle with grated topping, stir, 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.