



Spring Sriracha Egg Mug



Entire recipe: 208 calories, 2g total fat (1g sat fat), 717mg sodium, 19g carbs, 3g fiber, 7.5g sugars, 25g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

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

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



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

Ingredients

1/2 cup chopped zucchini
1/4 cup frozen corn
1/4 cup frozen peas
3/4 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)
1 tsp. Sriracha sauce

Directions

In a large microwave-safe mug sprayed with nonstick spray, microwave zucchini for 30 seconds, or until slightly softened. Stir in corn and peas, and microwave for 1 minute, or until softened.

Blot away any excess moisture. Add egg substitute, stir, and microwave for 1 minute.

Mix in cheese wedge, breaking it into pieces as you add it. Microwave for 1 more minute, or until set.

Top with Sriracha 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.)

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