



The Egg Mug Classic



[Click here for a video demo](#) !

Entire recipe: 125 calories, 1.5g total fat (1g sat fat), 547mg sodium, 3.5g carbs, 0g fiber, 2.5g sugars, 20g protein

Green Plan [SmartPoints](#)® value 2*

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](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

3/4 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))

1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)

Directions

In a large microwave-safe mug sprayed with nonstick spray, microwave egg substitute for 1 1/2 minutes.

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