



The HG Special Egg Mug



Entire recipe: 125 calories, 2.25g total fat (1g sat fat), 772mg sodium, 3.5g carbs, 0g fiber, 2g sugars, 19.5g protein

Green Plan [SmartPoints](#)® value 2*

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

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

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



Tagged: [Breakfast Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

- 1/2 cup (about 4) egg whites or fat-free liquid egg substitute
- 1 oz. (about 2 thin slices) turkey breast, roughly chopped
- 1 tbsp. light/reduced-fat cream cheese
- 1 tsp. dried minced onion

Directions

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

Stir in remaining ingredients. Microwave for 1 minute, or until set.

Stir well.

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.