



To the Mex Egg Mug



Entire recipe: 201 calories, 4.5g total fat (2.5g sat. fat), 760mg sodium, 11g carbs, 1.5g fiber, 2g sugars, 26.5g protein

[Click for WW Points® value*](#)

Total: 5 minutes



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

Ingredients

3/4 cup (about 6 large) egg whites or liquid egg substitute
1/8 tsp. garlic powder
1/8 tsp. onion powder
1/8 tsp. ground cumin
3 tbsp. shredded reduced-fat Mexican-blend cheese, divided
2 tbsp. canned black beans, drained and rinsed
1 tbsp. jarred jalapeño slices, drained and chopped
2 tbsp. salsa
Optional topping: fresh cilantro

Directions

Spray a [large microwave-safe mug](#) with nonstick spray. Add egg whites/substitute, onion powder, garlic powder, and cumin. Mix well.

Microwave for 1 minute. Stir in 2 tbsp. cheese, beans, and chopped jalapeño. Microwave for 1 more minute, or until set.

Top with remaining 1 tbsp. cheese, followed by salsa.

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 product samples, 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. For those on the Diabetic Plan, values may vary.

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.