



Veggie Eggs-plosion Mug



Entire recipe: 130 calories, 1.75g total fat (1g sat fat), 445mg sodium, 10g carbs, 2g fiber, 5.5g sugars, 16.5g protein

Green Plan [SmartPoints](#)® value 2*

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

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



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Ingredients

1/2 cup sliced mushrooms
1/4 cup thinly sliced onion
1/4 cup chopped asparagus
1/4 cup diced tomato, patted dry
1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
1 wedge [The Laughing Cow Light Original Swiss cheese](#)
Optional seasonings: black pepper, garlic powder

Directions

In a large microwave-safe mug sprayed with nonstick spray, microwave mushrooms, onion, asparagus, and tomato for 2 minutes, or until softened.

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

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