



## Eggs Bene-Chick Mug



Entire recipe: 160 calories, 2.5g total fat (<0.5g sat. fat), 781mg sodium, 15g carbs, 3g fiber, 2g sugars, 20g protein

[Click for WW Points® value\\*](#)

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



More: [Breakfast Recipes](#), [Single Serving](#)

### Ingredients

1/2 tbsp. fat-free mayonnaise  
1/2 tsp. Best Foods/Hellmann's Dijonnaise or creamy Dijon mustard  
1/2 tsp. lemon yogurt (or plain yogurt with a drop of lemon juice)  
1/2 tsp. light whipped butter or light buttery spread (like Brummel & Brown), melted  
1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)  
1 oz. (about 2 slices) 97 - 98% fat-free ham, roughly chopped  
Half a light English muffin, lightly toasted

### Directions

To make sauce, combine mayo, Dijonnaise, yogurt, and butter in a small dish. (Use a microwave-safe dish if you'd like to warm your sauce before serving.) Mix well and set aside.

Lightly spray a large microwave-safe mug with nonstick spray. Add egg substitute and microwave for 1 minute.

Gently stir and add ham. Break muffin half into bite-sized pieces and add to the mug. Microwave for 45 - 60 seconds, until set.

If you like, warm sauce in the microwave, about 10 seconds. Top your egg mug with sauce, give it a little stir, and dig in!

### 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 samples of food, 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.

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.