



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

[Click for WW Points® value*](#)

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



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

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

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.