



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

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



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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

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