



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 2*

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



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

Ingredients

1/2 tbsp. fat-free mayonnaise
1/2 tsp. Best Foods/Hellmann's Dijonnaise
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

[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.