



Egg Mug Florentine



Entire recipe: 107 calories, 1.5g total fat (1g sat fat), 525mg sodium, 5g carbs, <0.5g fiber, 2.5g sugars, 14.5g protein

Blue Plan (Freestyle™) SmartPoints® value 1*

Prep: 5 minutes **Cook:** 5 minutes

More: [Breakfast Recipes](#), [Single Serving](#), [30 Minutes or Less](#)



Ingredients

- 1 tsp. plain fat-free yogurt
- 1 tsp. Best Foods/Hellmann's Dijonnaise
- 1 drop lemon juice
- 1/2 cup chopped spinach leaves
- 1/2 cup fat-free liquid egg substitute
- 1 wedge The Laughing Cow Light Creamy Swiss cheese

Directions

In a small bowl, mix yogurt, Dijonnaise, and lemon juice.

In a large microwave-safe mug sprayed with nonstick spray, microwave spinach for 30 seconds, or until slightly wilted.

Blot away excess moisture. Add egg substitute and cheese wedge, breaking the wedge into pieces. Stir and microwave for 1 minute.

Stir and microwave for 1 more minute, or until set. Stir, top with yogurt mixture, and 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.