



## Egg Mug Lorraine



Entire recipe: 128 calories, 3.5g total fat (1.5g sat. fat), 680mg sodium, 3.5g carbs, 0g fiber, 2g sugars, 17g protein

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

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### Ingredients

1/2 cup fat-free liquid egg substitute  
1 tbsp. precooked real crumbled bacon  
1 tsp. dried minced onion  
1/2 tsp. Best Foods/Hellmann's Dijonnaise (or other creamy Dijon mustard)  
1 wedge The Laughing Cow Light Creamy Swiss cheese

### Directions

Spray a large microwave-safe mug with nonstick spray. Add all ingredients, breaking cheese wedge into pieces. Stir well. Microwave for 1 minute.

Stir and microwave for 1 more minute, or until set. Stir and eat!

### MAKES 1 SERVING

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