



## Spring Sriracha Egg Mug



Entire recipe: 208 calories, 2g total fat (1g sat. fat), 717mg sodium, 19g carbs, 3g fiber, 7.5g sugars, 25g protein

[Click for WW Points® value\\*](#)

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



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

### Ingredients

1/2 cup chopped zucchini  
1/4 cup frozen corn  
1/4 cup frozen peas  
3/4 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))  
1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)  
1 tsp. Sriracha sauce

### Directions

In a large microwave-safe mug sprayed with nonstick spray, microwave zucchini for 30 seconds, or until slightly softened. Stir in corn and peas, and microwave for 1 minute, or until softened.

Blot away any excess moisture. Add egg substitute, stir, and microwave for 1 minute.

Mix in cheese wedge, breaking it into pieces as you add it. Microwave for 1 more minute, or until set.

Top with Sriracha 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.