



Egg Mug Neptune

Servings: 0

Ingredients

- 1/2 tsp light whipped butter or light buttery spread
- 1/2 Tbs fat free mayonnaise
- 1/2 tsp Best Foods/Hellmann's Dijonnaise
- 1/2 tsp lemon yogurt (or plain yogurt with a drop or lemon juice)
- 2/3 cup fat free liquid egg substitute
- 1/2 light English muffin, lightly toasted
- 1 1/2 oz (about 1/4 cup) roughly chopped imitation crabmeat

Directions

Microwave butter in a small microwave safe bowl for 10 seconds, or until melted. Add mayo, Dijonnaise, and yogurt. Mix well.

In a large microwave safe mug sprayed with nonstick spray. Microwave egg substitute for 1 1/2 min.

Tear muffin half into bite sized pieces and add to the mug. Add crab and stir. Microwave for 45-50 seconds, until set, and stir.

If you like, microwave mayo mixture for 10 seconds, or until warm, Pour over egg mug and dig in!

Entire recipe: 188 calories, 2gm fat, 802 sodium, 22.5 carbs, 3gm fiber, 3.5 sugar, 22 gm protein.

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