



Bacon 'n Eggs Waffle Taco



[Click here for a video demo](#) !

1 waffle taco: 190 calories, 6g total fat (3g sat fat), 636mg sodium, 16.5g carbs, 2g fiber, 2g sugars, 17g protein

Freestyle™ **SmartPoints**® value 4*

SmartPoints® value 5*

Prep: 5 minutes **Cook:** 15 minutes

Cool: 10 minutes



Tagged: [Breakfast Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

- 1 frozen low-fat waffle, thawed
- 1/3 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
- 2 tbsp. shredded reduced-fat cheddar cheese
- 1 tbsp. precooked real crumbled bacon (like the kind by Oscar Mayer)
- Optional dip: sugar-free pancake syrup

Directions

Preheat oven to 425 degrees.

Lay thawed waffle flat on a dry surface. With a rolling pin, flatten as much as possible. Evenly drape over the side of a 9" X 5" loaf pan, so it resembles an upside-down taco.

Bake until crispy and firm, about 10 minutes.

Remove from pan, and let cool completely, about 10 minutes.

In a microwave-safe mug sprayed with nonstick spray, microwave egg substitute for 1 minute, or until set. Stir in cheese and bacon (or sprinkle them over your assembled taco).

Fill taco with egg scramble 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.)

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