



Breakfast Pizza Mexicali



Entire recipe: 218 calories, 8.5g total fat (3.5g sat fat), 845mg sodium, 9.5g carbs, 1g fiber, 4g sugars, 24g protein

Freestyle™ [SmartPoints®](#) value 5*

Prep: 5 minutes **Cook:** 10 minutes



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

Ingredients

1 oz. soy chorizo (like the kind by El Burrito, Melissa's, or Frieda's)
1/2 cup egg whites (about 4 large eggs' worth) or fat-free liquid egg substitute
1/4 cup salsa with 90mg sodium or less per serving
1/4 cup shredded reduced-fat Mexican-blend cheese
Optional garnish: fresh cilantro

Directions

Bring a small skillet sprayed with nonstick spray to medium heat. Cook and crumble soy chorizo until hot, about 3 minutes. Transfer to a bowl.

Remove skillet from heat; clean, if needed. Re-spray and return to medium heat. Add egg whites/substitute and let coat the skillet bottom. Cover and cook for 2 minutes, or until solid enough to flip.

Carefully flip egg "crust.". Top with salsa, cheese, and chorizo, leaving a 1/2-inch border. Cover and cook for 1 minute, or until crust is fully cooked and cheese has melted.

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.