



Ham-It-Up Egg Cups



1/4th of recipe (3 egg cups): 150 calories, 4g total fat (2g sat fat), 744mg sodium, 5.5g carbs, 0.5g fiber, 2g sugars, 21.5g protein

Freestyle™ [SmartPoints®](#) value 3*

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Prep: 15 minutes **Cook:** 20 minutes

Tagged: [Breakfast Recipes](#), [Four or More Servings](#)



Ingredients

12 slices (about 8 oz.) reduced-sodium 97% fat-free sliced ham
1/3 cup chopped bell pepper
1/3 cup chopped onion
1 1/4 cups (about 10 large) egg whites or fat-free liquid egg substitute
1/2 cup shredded reduced-fat cheddar cheese
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/8 tsp. each salt and black pepper

Directions

Preheat oven to 400 degrees. Spray a 12-cup muffin pan with nonstick spray.

Place each ham slice in a cup of the muffin pan, and press it into the bottom and sides, slightly overlapping to form a cup.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add bell pepper and onion. Cook and stir until mostly softened, about 4 minutes.

Transfer veggies to a large bowl. Add remaining ingredients, and stir to mix.

Evenly distribute mixture among the ham cups. Bake until firm and cooked through, about 15 minutes.

MAKES 4 SERVINGS

[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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