



ABC Egg-White Salad



1/4th of recipe (about 3/4 cup): 119 calories, 5g total fat (1g sat fat), 330mg sodium, 4g carbs, 2g fiber, 1g sugars, 14g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

Prep: 10 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

4 oz. (about 1/2 cup) mashed avocado
1/4 cup plain fat-free Greek yogurt
1/4 tsp. garlic powder
1/8 tsp. each salt and black pepper
12 hard-boiled egg whites ([click for tips](#)), chopped
1/4 cup finely chopped cucumber
2 tbsp. precooked real crumbled bacon (like the kind by Oscar Mayer)

Directions

In a medium bowl, combine avocado, yogurt, and seasonings. Mix until smooth and uniform.

Gently stir in chopped egg whites, cucumber, and bacon.

MAKES 4 SERVINGS

HG TIP! If not eating immediately, place in a sealable container, and store in the fridge or with an ice pack in your lunch box.

[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.