



All-American Open-Faced Breakfast Burrito



Entire recipe: 263 calories, 10g total fat (5.5g sat. fat), 810mg sodium, 22.5g carbs, 7.5g fiber, 1.5g sugars, 24g protein

[Click for WW Points® value*](#)

Total: 5 minutes



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

Ingredients

1 low-carb flour tortilla with 100 calories or less
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
2 tbsp. shredded reduced-fat cheddar cheese
1 tbsp. precooked real crumbled bacon
1 tbsp. whipped cream cheese
1/8 tsp. garlic powder
1/8 tsp. onion powder
Optional topping: chopped scallions

Directions

Place a tortilla in a wide microwave-safe mug or bowl, allowing it to naturally fold to fit the shape. Carefully pour egg whites/substitute into the center of the tortilla.

Add all remaining ingredients. Gently stir. Microwave for 1 1/2 minutes.

Gently stir. Microwave for 45 seconds, or until set.

Eat it right out of the mug/bowl or transfer it to a plate.

MAKES 1 SERVING

Want your own open-faced breakfast burrito? [Click to see how it's done.](#)

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.