



# Bacon & Cheese Waffled Omelette



Entire recipe (2 waffles): 176 calories, 4.5g total fat (2.5g sat. fat), 617mg sodium, 5g carbs, 0.5g fiber, 1g sugars, 25.5g protein

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



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## Ingredients

- 3/4 cup (about 6 large) egg whites or fat-free liquid egg substitute
- 2 tbsp. shredded reduced-fat cheddar cheese
- 2 tbsp. finely chopped onion
- 1 tbsp. precooked real crumbled bacon

### Seasonings:

- 1/8 tsp. garlic powder
- 1/8 tsp. onion powder

## Directions

In a medium bowl, thoroughly mix ingredients and seasonings.

Spray a standard round waffle maker with nonstick spray, and set heat to medium. Once hot, add half of the egg mixture. Close and cook until golden brown, about 2 minutes.

Repeat to make 1 more waffle, respraying waffle maker if needed.

### MAKES 1 SERVING

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