



## 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

**Green Plan [SmartPoints](#)® value 3\***

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

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

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



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

### 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

[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.