



Bacon Cheeseburger Egg Bake



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1/4 of egg bake: 260 calories, 9g total fat (4g sat. fat), 723mg sodium, 8g carbs, 1g fiber, 3.5g sugars, 34.5g protein

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Prep: 15 minutes **Cook:** 1 hour

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Ingredients

4 slices center-cut bacon or turkey bacon
8 oz. raw extra-lean ground beef (at least 95% lean)
1/2 cup chopped onion
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. salt
1/8 tsp. black pepper
2 cups chopped spinach
3 tbsp. whipped cream cheese
2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
1/2 cup seeded and chopped tomatoes
1 tbsp. ketchup, or more for topping
1 tbsp. yellow mustard, or more for topping
1/3 cup shredded reduced-fat cheddar cheese

Directions

Preheat oven to 375°F. Spray an 8" X 8" baking pan with nonstick spray.

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. Chop or crumble.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, and seasonings. Cook and crumble for about 5 minutes, until fully cooked. Add spinach, and cook and stir until wilted, about 1 minute. Transfer mixture to a large bowl.

Add cream cheese, and stir until evenly distributed. Add egg whites/substitute, chopped/crumbled bacon, tomatoes, ketchup, and mustard. Mix well, and transfer mixture to the baking pan.

Bake until center is firm, about 40 minutes.

Top with shredded cheese. Bake until melted, about 5 minutes.

MAKES 4 SERVINGS

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