



Bacon, Egg & Cheese Skillet Breakfast Sandwich



Entire recipe: 293 calories, 7.5g total fat (3.5g sat. fat), 772mg sodium, 29.5g carbs, 5.5g fiber, 4g sugars, 27g protein

[Click for WW Points® value*](#)

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



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

Ingredients

1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
2 slices whole grain bread with 60–80 calories per slice
3 tbsp. shredded reduced-fat cheddar cheese
1 tbsp. precooked crumbled bacon

Seasonings:

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

Directions

Bring a skillet sprayed with nonstick spray to medium heat. Add egg whites/substitute and evenly coat the bottom. Sprinkle with garlic powder and onion powder. Place bread slices side by side in the center of the skillet. Cook for 3 minutes, or until cooked through.

Gently flip with a spatula so the bread is on the bottom and the egg layer is on top. Top one half with cheese and bacon. If desired, fold the outer sides of excess egg over the bread. Fold the other half over the first, forming the sandwich.

Gently press down with a spatula to seal, and cook for 1 minute.

MAKES 1 SERVING

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.