



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

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

Purple Plan [SmartPoints](#)® value 7*

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



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

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

[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.