Bacon 'n Egg in a Bagel Hole

1/2 of recipe (1 bagel half): 200 calories, 10.5g total fat (4g sat fat), 505mg sodium, 13.5g carbs, 2g fiber, 1.5g sugars, 14.5g protein

Freestyle™ SmartPoints® value 4*

SmartPoints® value 6*

Prep: 5 minutes  Cook: 15 minutes

Ingredients
1 plain 110-calorie flat bagel (like Thomas' Bagel Thins)
2 large eggs
Dash each salt and black pepper
2 slices center-cut bacon or turkey bacon
1/4 cup reduced-fat shredded cheddar cheese
Optional topping: everything bagel seasoning (like the kind by Trader Joe's)

Directions
Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Split bagel into halves, and lightly toast. Lay halves on the baking sheet, cut side up.

Carefully crack an egg into the center of each bagel half. Sprinkle with salt and pepper.

Bake for 5 minutes.

Meanwhile, cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Top bagel halves with cheese. Bake until egg whites have set and cheese has melted, about 4 minutes.

Chop or crumble bacon, and sprinkle over bagel halves.

MAKES 2 SERVINGS

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.

Publish Date: September 19, 2017  Author: Hungry Girl  Copyright © 2018 Hungry Girl. All Rights Reserved.