



# 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

**Prep:** 5 minutes    **Cook:** 15 minutes



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## 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

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