



Bacon 'n Eggs Waffle Taco



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1 waffle taco: 190 calories, 6g total fat (3g sat. fat), 636mg sodium, 16.5g carbs, 2g fiber, 2g sugars, 17g protein

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

Cool: 10 minutes



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Ingredients

1 frozen low-fat waffle, thawed
1/3 cup fat-free liquid egg substitute
2 tbsp. shredded reduced-fat cheddar cheese
1 tbsp. precooked real crumbled bacon (like the kind by Oscar Mayer)
Optional dip: sugar-free pancake syrup

Directions

Preheat oven to 425 degrees.

Lay thawed waffle flat on a dry surface. With a rolling pin, flatten as much as possible. Evenly drape over the side of a 9" X 5" loaf pan, so it resembles an upside-down taco.

Bake until crispy and firm, about 10 minutes.

Remove from pan, and let cool completely, about 10 minutes.

In a microwave-safe mug sprayed with nonstick spray, microwave egg substitute for 1 minute, or until set. Stir in cheese and bacon (or sprinkle them over your assembled taco).

Fill taco with egg scramble and enjoy!

MAKES 1 SERVING

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