



## BLT Deviled Eggs



1/6th of recipe (4 pieces): 120 calories, 6.5g total fat (2g sat fat), 298mg sodium, 3.5g carbs, 0.5g fiber, 1.5g sugars, 10.5g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 1\***

**Purple Plan [SmartPoints](#)® value 1\***

**Prep:** 10 minutes    **Cook:** 20 minutes

**Cool:** 20 minutes



More: [Recipes for Sides, Starters & Snacks, Four or More Servings](#)

## Ingredients

12 large eggs  
2 tbsp. light/reduced-fat cream cheese  
3 tbsp. light mayonnaise  
1/4 tsp. garlic powder  
1/8 tsp. each salt and black pepper  
1/2 cup finely chopped spinach  
2 tbsp. precooked crumbled bacon  
1 tbsp. finely chopped red onion  
12 cherry tomatoes, halved

## Directions

Place eggs in a pot, and cover with water. Bring to a boil, and cook for 10 minutes. Transfer eggs to a bowl, and cover with ice and cold water. Let sit for 20 minutes.

Gently crack eggs on the rim of the bowl, and peel off the shells. Halve eggs lengthwise. Discard 8 of the yolks (or save for another use).

In a medium bowl, stir cream cheese until smooth. Add the remaining 4 yolks, and mash with a fork. Add mayo, garlic powder, salt, and pepper. Mix until uniform. Stir in spinach, bacon, and onion.

Distribute mixture among the egg white halves, and top each with a cherry tomato half.

**MAKES 6 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**.