



Buffalo Chicken Egg Bakes



1/6th of recipe (2 egg bakes): 151 calories, 5.5g total fat (3g sat. fat), 560mg sodium, 3g carbs, <0.5g fiber, 1g sugars, 19.5g protein

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



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Ingredients

1/4 cup light/reduced-fat cream cheese, room temperature
2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
2 tbsp. light blue cheese dressing
2 tbsp. Frank's RedHot Original Cayenne Pepper Sauce, or more for topping
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/8 tsp. cayenne pepper
3 oz. cooked skinless chicken breast, cut into bite-sized pieces
3/4 cup shredded part-skim mozzarella cheese

Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

In a large bowl, stir cream cheese until smooth. Add egg, dressing, hot sauce, garlic powder, onion powder, and cayenne pepper. Whisk thoroughly. Evenly distribute into the cups of the muffin pan.

Evenly divide chicken among the cups, and sprinkle with mozzarella. Bake until firm and cooked through, about 20 minutes.

MAKES 6 SERVINGS

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