



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

[Click for WW Points® value*](#)

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



More: [Breakfast Recipes](#), [Four or More Servings](#), [30 Minutes or Less](#), [Gluten-Free](#)

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.