



Crustless Bacon & Cheddar Quiche



1/4 of recipe: 182 calories, 7.5g total fat (4g sat. fat), 616mg sodium, 8g carbs, 0.5g fiber, 4g sugars, 19g protein

[Click for WW PersonalPoints™ value*](#)

Prep: 10 minutes **Cook:** 45 minutes



More: [Breakfast Recipes](#), [Holiday Recipes](#), [Four or More Servings](#)

Ingredients

- 4 slices center-cut bacon or turkey bacon
- 1 cup chopped onion
- 1 1/2 cups (about 12 large) egg whites or fat-free liquid egg substitute
- 1/3 cup fat-free plain Greek yogurt
- 1/4 cup whipped cream cheese
- 1/4 cup fat-free milk
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1/2 cup shredded reduced-fat cheddar cheese
- 1 tbsp. chopped chives

Directions

Preheat oven to 375°F. Spray a 9-inch pie pan with nonstick spray.

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. Chop or crumble.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add onion. Cook and stir until softened and slightly browned, about 5 minutes.

In a large bowl, combine egg whites/substitute, yogurt, cream cheese, milk, salt, and pepper. Whisk until uniform. Stir in chopped bacon and cooked onion. Transfer mixture to the pie pan.

Bake for 25 minutes.

Top with shredded cheese. Bake until center is firm and cheese has melted, about 5 minutes.

Top with chives.

MAKES 4 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 [SmartPoints®](#) and PersonalPoints™ trademarks.

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.