



## Egg-Bun Breakfast Sandwiches



1/6th of recipe (1 sandwich): 80 calories, 3g total fat (1.5g sat. fat), 302mg sodium, 1g carbs, 0g fiber, 0g sugars, 10g protein

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



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### Ingredients

1 1/2 cups (about 12 large) egg whites or fat-free liquid egg substitute  
1 tsp. everything bagel seasoning blend  
3 slices center-cut bacon or turkey bacon  
1/2 cup shredded reduced-fat cheddar cheese

### Directions

Preheat oven to 350 degrees. Spray [a 12-cavity whoopie pie pan](#) with nonstick spray.

Evenly distribute egg into the cavities of the pan. Sprinkle with seasoning.

Bake until firm and cooked through, about 15 minutes.

Meanwhile, cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Sprinkle cheese over 6 of the baked egg patties. Top each with 1/2 slice of bacon. Finish with remaining 6 egg patties.

**MAKES 6 SERVINGS**

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