



Egg 'n Bacon Avocado Toast



Entire recipe: 160 calories, 8.5g total fat (1.5g sat fat), 499mg sodium, 14g carbs, 5g fiber, 2g sugars, 10g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 5 minutes **Cook:** 5 minutes or less



More: [Breakfast Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 1 slice light bread
- 1 1/2 oz. (about 3 tbsp.) mashed avocado
- Dash each salt and black pepper
- 1 tbsp. finely chopped red onion
- 1 large hard-boiled egg white, chopped
- 1 tbsp. precooked real crumbled bacon (like the kind by Oscar Mayer)

Directions

Toast bread.

Evenly spread toast with avocado, and sprinkle with salt and pepper.

Top with remaining ingredients.

MAKES 1 SERVING

[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.