



Everything Bageled Eggs



1/6th of recipe (1 bageled egg): 60 calories, 2g total fat (1g sat fat), 232mg sodium, 1.5g carbs, 0g fiber, 0.5g sugars, 7g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 5 minutes **Cook:** 20 minutes



Tagged: [Breakfast Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

- 1/4 cup light/reduced-fat cream cheese
- 1 1/2 cups (about 12 large) egg whites or liquid egg substitute
- 1 1/2 tsp. [everything bagel seasoning blend](#) (like the kind by Trader Joe's)

Directions

Preheat oven to 350 degrees. Spray a [6-cavity standard donut pan](#) with nonstick spray.

Place cream cheese in a large bowl. Stir until smooth. Add egg, and whisk until uniform.

Evenly distribute mixture into the rings of the donut pan, about 1/4 cup each.

Sprinkle with everything bagel seasoning. Bake until firm and cooked through, about 20 minutes.

MAKES 6 SERVINGS

[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.