



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

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



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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

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