



## Instant Pot Breakfast Casserole



1/4th of recipe: 184 calories, 6g total fat (3.5g sat fat), 595mg sodium, 9.5g carbs, 1.5g fiber, 4g sugars, 21.5g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**Prep:** 10 minutes    **Cook:** 30 minutes

**Cool:** 5 minutes



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

### Ingredients

1 cup chopped bell pepper  
1 cup chopped onion  
1/4 cup light/reduced-fat cream cheese  
2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute  
1/2 cup shredded reduced-fat Mexican blend cheese  
Optional toppings: chopped scallions, salsa

### Seasonings:

1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/4 tsp. each salt and black pepper

### Directions

Spray Instant Pot with nonstick spray. Press Sauté, and add bell pepper and onion. Cook and stir until mostly softened, about 5 minutes.

Press Keep Warm/Cancel to turn off the Instant Pot.

Transfer veggies to a medium bowl. Add cream cheese, and stir until evenly coated. Add egg and seasonings. Mix well.

Generously respray Instant Pot. Evenly distribute veggie-egg mixture. Sprinkle with shredded cheese. Seal with lid, and manually set for 15 minutes.

Once cooked, press Keep Warm/Cancel. Let sit for 5 minutes. Vent to release any remaining steam.

MAKES 4 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.