



Jalapeño Cheddar Breakfast Tacos



Entire recipe: 288 calories, 10.5g total fat (5.5g sat. fat), 721mg sodium, 23g carbs, 2g fiber, 1.5g sugars, 23.5g protein

[Click for WW Points® value*](#)

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



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

Ingredients

- 2/3 cup (about 5 large) egg whites or fat-free liquid egg substitute
- 1/4 tsp. garlic powder
- 1 tbsp. jarred or canned chopped jalapeño peppers (drained)
- 1 tbsp. whipped cream cheese
- 2 corn taco shells (flat-bottomed shells, if available)
- 2 tbsp. shredded reduced-fat cheddar cheese
- 1 tbsp. salsa or salsa verde

Directions

Spray a large microwave-safe mug with nonstick spray. Add egg whites/substitute and garlic powder. Mix well. Stir in jalapeño peppers. Microwave for 1 minute.

Stir in cream cheese. Microwave for 1 more minute, or until set.

Divide egg scramble between taco shells. Top with cheese and salsa.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.