



Kale & Cheddar Egg Bakes



1/4th of recipe (3 bakes): 183 calories, 9.5g total fat (5.5g sat fat), 566mg sodium, 8g carbs, 2.5g fiber, 2.5g sugars, 18g protein

Green Plan [SmartPoints](#)® value 5*

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

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

Prep: 15 minutes **Cook:** 30 minutes



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

Ingredients

3 3/4 cups roughly chopped cauliflower or 2 3/4 cups cauliflower rice
1 cup finely chopped kale leaves
1 1/2 cups shredded reduced-fat cheddar cheese
3/4 cup (about 6 large) egg whites or fat-free liquid egg substitute
3/4 tsp. garlic powder
3/4 tsp. onion powder
1/4 tsp. salt
1/8 tsp. black pepper

Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

If starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-sized pieces, working in batches as needed.

Place cauliflower rice and kale in a large microwave-safe bowl. Cover and microwave for 3 minutes.

Add all remaining ingredients. Stir to mix.

Evenly distribute mixture among the cups of the muffin pan. (Cups will be full.)

Bake until firm and cooked though, 23 - 25 minutes.

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.