



5-Minute Egg-Bun Breakfast Sandwich



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Entire recipe: 95 calories, 2g total fat (1g sat fat), 485mg sodium, 1.5g carbs, 0g fiber, <0.5g sugars, 15.5g protein

Green Plan [SmartPoints](#)® value 2*

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

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

Total: 5 minutes



More: [Breakfast Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
Dash each salt and black pepper
1 tbsp. shredded reduced-fat cheddar cheese
1 tsp. precooked crumbled bacon

Directions

To make the bun halves, add 1/4 cup egg whites/substitute to a microwave-safe mug sprayed with nonstick spray. Microwave for 45 seconds, or until set. Transfer to a microwave-safe plate. This will be the bottom bun half.

Repeat with remaining 1/4 cup egg whites/substitute to make the top half of the bun. Evenly sprinkle bun halves with salt and pepper.

Place cheese on the bottom bun half followed by bacon. Top with remaining bun half.

Microwave for 20 seconds, or until cheese has melted.

MAKES 1 SERVING

[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.)

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