



Mexican Breakfast Pizza



Entire recipe: 203 calories, 5.5g total fat (3.5g sat fat), 758mg sodium, 13g carbs, 3g fiber, 0.5g sugars, 23.5g protein

Green Plan [SmartPoints](#)® value 5*

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

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

Prep: 5 minutes **Cook:** 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
1/4 cup fat-free refried beans
1/4 cup shredded reduced-fat Mexican-blend cheese
1 1/2 tsp. taco sauce
Optional topping: chopped fresh cilantro

Directions

Bring an 8-inch skillet sprayed with nonstick spray to medium heat. Add egg, and let it coat the bottom. Cover and cook for 2 minutes, or until solid enough to flip.

Carefully flip egg crust. Top with beans and cheese, leaving a 1/2-inch border. Cover and cook for 1 minute, or until crust is fully cooked and cheese has melted.

Drizzle with taco sauce.

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.)

*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.