



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

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 5 minutes



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

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

We may have received free samples of food, 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.

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.