



Mushroom Cheddar Egg Bake



1/4th of pan: 216 calories, 9g total fat (5.5g sat fat), 690mg sodium, 6.5g carbs, 0.5g fiber, 2g sugars, 26g protein

Green Plan [SmartPoints](#)® value 5*

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

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

Prep: 10 minutes **Cook:** 50 minutes



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

Ingredients

3 cups chopped mushrooms
1/4 cup light/reduced-fat cream cheese
2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
3/4 tsp. garlic powder
3/4 tsp. onion powder
1/4 tsp. each salt and black pepper
1 cup shredded reduced-fat cheddar cheese
Optional topping: chopped scallions

Directions

Preheat oven to 375 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium heat. Cook and stir mushrooms until softened, about 5 minutes.

Transfer to a large bowl, and blot dry. Add cream cheese, and stir to coat.

Add egg and seasonings, and mix well. Transfer to the baking pan. Bake for 40 minutes.

Top with cheddar. Bake until center is firm and cheddar has melted, about 5 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.