



Presto! Breakfast Sandwich



Entire recipe: 223 calories, 5.5g total fat (3g sat fat), 773mg sodium, 24g carbs, 5g fiber, 3.5g sugars, 22.5g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

Prep: 5 minutes or less **Cook:** 5 minutes or less



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

Ingredients

1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
Dash each salt and black pepper
One light English muffin or 100-calorie sandwich bun
1 slice reduced-fat cheddar cheese
Optional topping: ketchup

Directions

To make the egg patty, spray a medium microwave-safe bowl with nonstick spray. (The bottom of the bowl should be about the size of the sandwich bun.) Add egg substitute, salt, and pepper. Microwave for 1 minute.

Gently stir, and microwave for 1 more minute.

Place one half of the muffin/bun on a microwave-safe plate. Top with egg patty, followed by cheese. Top with the other half of the muffin/bun.

Microwave for 20 seconds, or until cheese has melted. Eat up!

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.