



Salsa-fied Egg White Bites



Entire recipe (6 pieces): 59 calories, <0.5g total fat total fat (0g sat. fat), 297mg sodium, 2.5g carbs, <0.5g fiber, 1g sugars, 11g protein

[Click for WW PersonalPoints™ value*](#)

Prep: 10 minutes **Cook:** 20 minutes

Cool: 10 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#)

Ingredients

3 large eggs
2 tbsp. salsa

Directions

Place eggs in a pot, and cover with water. Bring to a boil, and cook for 10 minutes. Transfer eggs to a bowl, and cover with ice and cold water. Let sit for 20 minutes.

Gently crack eggs on the rim of the bowl, and peel off the shells. Halve eggs lengthwise. Discard the yolks (or save for another use).

Fill egg white halves with salsa.

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 [SmartPoints®](#) and PersonalPoints™ trademarks.

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.