



Slammin' Smoked Salmon 'n Bacon B-fast Sandwich



Entire recipe: 242 calories, 10g total fat (4.5g sat. fat), 753mg sodium, 33g carbs, 7g fiber, 3.5g sugars, 15g protein

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

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



Ingredients

- 1 light English muffin
- 1 slice turkey bacon or center-cut bacon
- 1 oz. roughly chopped smoked salmon with 300mg sodium or less per oz.
- 2 tbsp. light/reduced-fat cream cheese
- 1 tbsp. chopped red onion
- 1 tbsp. chopped cucumber
- 1 slice tomato

Directions

Split muffin into halves, and lightly toast.

Meanwhile, cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Once cool enough to handle, chop or crumble bacon.

In a small bowl, mix salmon with cream cheese. Stir in bacon, onion, and cucumber.

Spread mixture onto the bottom half of the English muffin. Top with tomato and the top of the English muffin.

MAKES 1 SERVING

HG FYI: A version of this recipe appears in [Hungry Girl 200 Under 200](#), but we've given it a 2018 ingredient update! Nutritional info varies.

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.