5-Minute Egg-Bun Breakfast Sandwich

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Entire recipe: 95 calories, 2g total fat (1g sat. fat), 485mg sodium, 1.5g carbs, 0g fiber, <0.5g sugars, 15.5g protein

Total: 5 minutes

More: Breakfast Recipes, Single Serving, 5 Ingredients or Less, 30 Minutes or Less

Ingredients

1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1 tbsp. shredded reduced-fat cheddar cheese
1 tsp. precooked crumbled bacon

Seasonings:
Dash each salt and black pepper

Directions

To make the bun halves, add 1/4 cup egg whites/substitute to a microwave-safe mug sprayed with nonstick spray. Microwave for 45 seconds, or until set. Transfer to a microwave-safe plate. This will be the bottom bun half.

Repeat with remaining 1/4 cup egg whites/substitute to make the top half of the bun. Evenly sprinkle bun halves with salt and pepper.

Place cheese on the bottom bun half followed by bacon. Top with remaining bun half.

Microwave for 20 seconds, or until cheese has melted.

MAKES 1 SERVING