



No-Fakin' Bacon Egg White Salad



1/4 of recipe (about 1 cup): 170 calories, 4g total fat (1g sat. fat), 654mg sodium, 13g carbs, 2.5g fiber, 7g sugars, 15.5g protein

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Prep: 5 minutes



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Ingredients

12 hard-boiled egg whites, chilled and chopped
1 cup finely chopped red onion
1/2 cup bagged sun-dried tomatoes (not packed in oil), finely chopped
1/3 cup precooked crumbled bacon
2 tbsp. light mayo
2 tbsp. Dijon mustard

Directions

In a medium-large bowl, mix all ingredients except mayo and mustard.

Add mayo and mustard, and toss to coat. Chill before serving or dig right in!

MAKES 4 SERVINGS

HG Tip: [Click here](#) for the 411 on hard-boiling egg whites.

Another HG Tip: If you can only find sun-dried tomatoes that are packed in oil, drain and rinse them really well, and then pat dry.

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