



Bacon 'n Eggs Waffle Taco



[Click here for a video demo](#) !

1 waffle taco: 190 calories, 6g total fat (3g sat. fat), 636mg sodium, 16.5g carbs, 2g fiber, 2g sugars, 17g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 15 minutes

Cool: 10 minutes



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

Ingredients

1 frozen low-fat waffle, thawed
1/3 cup fat-free liquid egg substitute
2 tbsp. shredded reduced-fat cheddar cheese
1 tbsp. precooked real crumbled bacon (like the kind by Oscar Mayer)
Optional dip: sugar-free pancake syrup

Directions

Preheat oven to 425 degrees.

Lay thawed waffle flat on a dry surface. With a rolling pin, flatten as much as possible. Evenly drape over the side of a 9" X 5" loaf pan, so it resembles an upside-down taco.

Bake until crispy and firm, about 10 minutes.

Remove from pan, and let cool completely, about 10 minutes.

In a microwave-safe mug sprayed with nonstick spray, microwave egg substitute for 1 minute, or until set. Stir in cheese and bacon (or sprinkle them over your assembled taco).

Fill taco with egg scramble and enjoy!

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 product samples, 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. For those on the Diabetic Plan, values may vary.

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.