



Everything Bagel Egg Whites



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Entire recipe: 166 calories, 6g total fat (3.5g sat. fat), 820mg sodium, 3g carbs, 0g fiber, 2g sugars, 16.5g protein

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Prep: 5 minutes



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Ingredients

4 hard-boiled egg whites, sliced into halves
2 tbsp. reduced-fat/light cream cheese
1 1/2 tsp. [everything bagel seasoning](#)

Directions

Fill egg white halves with cream cheese, about 3/4 tsp. each.

Sprinkle with seasoning.

MAKES 1 SERVING

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