



Bacon-Avocado Egg Bites



Entire recipe: 128 calories, 7g total fat (1.5g sat fat), 459mg sodium, 3.5g carbs, 2g fiber, 0.5g sugars, 14g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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



More: [Recipes for Sides, Starters & Snacks, Single Serving, 5 Ingredients or Less, 30 Minutes or Less](#)

Ingredients

- 1 slice center-cut bacon or turkey bacon
- 1 oz. (about 2 tbsp.) mashed avocado
- 3 large hard-boiled eggs, chilled, halved, yolks removed ([click for tips](#))

Seasonings:

- Dash garlic powder
- Dash onion powder
- Dash each salt and black pepper

Directions

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.) Chop or crumble.

Place mashed avocado in a small bowl, and mix in seasonings.

Distribute seasoned avocado among egg white halves, and top with chopped/crumbled bacon.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.