



## Salsa-fied Egg White Bites



Entire recipe (6 pieces): 59 calories, <0.5g total fat (0g sat. fat), 297mg sodium, 2.5g carbs, <0.5g fiber, 1g sugars, 11g protein

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**Prep:** 10 minutes    **Cook:** 20 minutes

**Cool:** 10 minutes



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### Ingredients

3 large eggs  
2 tbsp. salsa

### Directions

Place eggs in a pot, and cover with water. Bring to a boil, and cook for 10 minutes. Transfer eggs to a bowl, and cover with ice and cold water. Let sit for 20 minutes.

Gently crack eggs on the rim of the bowl, and peel off the shells. Halve eggs lengthwise. Discard the yolks (or save for another use).

Fill egg white halves with salsa.

MAKES 1 SERVING

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