



Tortilla Pinwheel Egg Cups



1/3 of recipe (2 egg cups): 217 calories, 9g total fat (5g sat. fat), 788mg sodium, 13.5g carbs, 6.5g fiber, 1g sugars, 23.5g protein

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Prep: 10 minutes **Cook:** 25 minutes



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Ingredients

- 2 [low-carb flour tortillas with 70 calories or less each \(about 8 inches in size\)](#)
- 1 1/2 cups (about 12 large) egg whites or liquid egg substitute
- 1/4 cup whipped cream cheese
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- 1/2 cup shredded part-skim mozzarella cheese
- 2 tbsp. precooked crumbled bacon

Directions

Preheat oven to 350°F. Spray a [6-cup muffin pan](#) (or 6 cups of a 12-cup pan) with nonstick spray.

Stack 2 tortillas and roll them up tightly. Cut roll into 6 even pieces, and place each coiled piece in a muffin cup.

In a large bowl, combine egg whites/substitute, cream cheese, and seasonings. Whisk thoroughly.

Pour egg mixture over the tortilla rolls in the muffin pan.

Bake until egg is fully cooked, about 20 minutes.

Top with mozzarella and bacon. Bake until mozzarella has melted, about 5 minutes.

MAKES 3 SERVINGS

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