

BEChaffle

(Bacon, Egg, & Cheese Waffle)

INGREDIENTS

- 1 large egg
- 1 slice Canadian Bacon
- 1 slice Velveeta cheese

1 FREESTYLE SMARTPOINTS PER SERVING; MAKES 1 SERVING

NUTRITION FACTS

Serves: 1

Amount Per Serving

- **Calories 132**
- **Total Fat 7 g**
- **Saturated Fat 3 g**
- **Cholesterol 206 mg**
- **Sodium 544 mg**
- **Carbohydrate 4 g**
- **Dietary Fiber 0 g**
- **Sugars 2 g**
- **Protein 13 g**
- **Freestyle SmartPoints: 1**

DIRECTIONS

1. Heat Dash mini waffle maker.
2. Tear Canadian bacon into small pieces.
3. Spray waffle maker with olive oil spray
4. Crack egg onto hot griddle.
5. Pierce yolk and stir around just a little.
6. Spread Canadian bacon on egg.
7. Close griddle and cook for 1 to 2 minutes.
8. Top with Velveeta slice.
9. Close griddle and cook for 5 to 10 seconds.