

[LOW CALORIE EGG RECIPES](#)



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Low Calorie Egg Recipes EatingWell

Shakshuka, or eggs poached in an aromatic tomato sauce, is a fast, one-pan breakfast staple in Northern Africa and Israel. This healthy recipe features spinach, herbs and tomatillos. Garnish with a touch of harissa--a fiery chile paste--and dip some toasted whole-grain country bread into the jammy yolks.

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Serves: 6 Nutrition: 73 calories, 5 g fat (1.7 g saturated fat), 87 mg sodium, 1.1 g carbs, 1 g sugar, 6 g protein.

Deviled eggs are typically made with a mixture of egg yolk, mustard, mayonnaise, and spices.

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You can create a range of low calorie dishes using eggs whether you re looking for a breakfast, lunch or dinner recipe. To enjoy low calorie meals without compromising on flavour, try out our low calorie Low calorie huevos rancheros in a hurry, White bean and egg salad or One pan healthy breakfast.

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Good news for Egg Lovers Eggs are now a Zero Point Food on the new WW Freestyle Program. Low in fat and calories and high in protein eggs are a great nutritional value that can be served up any time of day.

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