



BBQ Bacon Burger Bowl



Entire recipe: 279 calories, 8g total fat (3g sat fat), 583mg sodium, 23.5g carbs, 4g fiber, 14.5g sugars, 29g protein

Freestyle™ [SmartPoints®](#) value 6*

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

Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [5 Ingredients or Less](#)

Ingredients

3 cups shredded lettuce
1 slice center-cut bacon or turkey bacon
4 oz. raw extra-lean ground beef (4% fat or less)
1/3 cup chopped onion
2 tbsp. BBQ sauce with 45 calories or less per 2 tbsp. serving
1/3 cup chopped tomato
Seasonings: garlic powder, onion powder
Optional toppings: hamburger dill pickle chips, ketchup, yellow mustard

Directions

Place lettuce in a large bowl.

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.)

Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, and 1/4 tsp. each garlic powder and onion powder. Cook and crumble for about 5 minutes, until beef is fully cooked and onion has softened.

Remove skillet from heat. Stir in 1 tbsp. BBQ sauce.

Add beef mixture to the large bowl. Drizzle with remaining 1 tbsp. BBQ sauce, and top with tomato.

Chop or crumble bacon, and sprinkle over the bowl.

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.