



## Layered Cheeseburger Dip



1/8th of recipe (about 2/3 cup): 97 calories, 4g total fat (2g sat fat), 257mg sodium, 6.5g carbs, 1g fiber, 3.5g sugars, 9g protein

Freestyle™ [SmartPoints®](#) value 2\*

**Prep:** 15 minutes    **Cook:** 10 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

- 8 oz. raw extra-lean ground beef (4% fat or less)
- 1 cup chopped onion
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 3 tbsp. light/reduced-fat cream cheese
- 3 tbsp. ketchup
- 2 tbsp. yellow mustard
- 2 cups shredded lettuce, chopped
- 1 cup chopped tomatoes
- 1/2 cup shredded reduced-fat cheddar cheese
- 1/4 cup chopped dill pickle chips
- 1 tsp. sesame seeds

### Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, and seasonings. Cook, stir, and crumble until beef is fully cooked and onion has softened, 5 - 7 minutes.

Remove skillet from heat. Add cream cheese, 2 tbsp. ketchup, and 1 tbsp. mustard. Stir until thoroughly mixed.

Spread beef into a flat-bottomed serving dish, and evenly top with lettuce, tomatoes, cheddar cheese, and pickles.

Drizzle with remaining 1 tbsp. each ketchup and mustard, and sprinkle with sesame seeds.

**MAKES 8 SERVINGS**

[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.