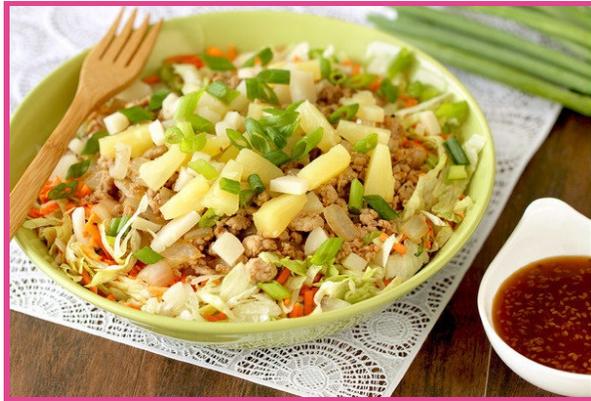




Teriyaki Burger Bowl



Entire recipe: 319 calories, 8g total fat (3g sat. fat), 768mg sodium, 36.5g carbs, 6g fiber, 22.5g sugars, 26.5g protein

[Click for WW Points® value*](#)

Prep: 10 minutes **Cook:** 5 minutes

More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 1/4 cup pineapple tidbits packed in juice (not drained)
- 1 1/2 tbsp. thick teriyaki marinade or sauce
- 3 cups shredded iceberg lettuce
- 1/2 cup shredded carrots, roughly chopped
- 4 oz. raw lean ground turkey (7% fat or less)
- 1/3 cup finely chopped sweet onion
- 1/8 tsp. garlic powder
- 1/8 tsp. onion powder
- 2 tbsp. canned water chestnuts, drained and roughly chopped
- 2 tbsp. chopped scallions
- Optional topping: sesame seeds

Directions

To make the sauce, thoroughly drain the juice from the pineapple into a small bowl (reserve pineapple). Add 1 tbsp. teriyaki marinade/sauce and 1 tsp. water. Mix until uniform.

Place lettuce and chopped carrots in a medium-large bowl.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add turkey, onion, garlic powder, and onion powder. Cook and crumble for about 4 minutes, until turkey is fully cooked and onions have softened.

Remove skillet from heat. Stir in remaining 1/2 tbsp. teriyaki marinade/sauce.

Add turkey mixture to the large bowl. Top with drained pineapple, water chestnuts, and scallions.

Top with sauce, or serve it on the side.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.