



Cheeseburger Fried Rice



1/4 of recipe (about 1 1/2 cups): 297 calories, 11g total fat (6g sat. fat), 702mg sodium, 19g carbs, 4g fiber, 10g sugars, 31g protein

[Click for WW Points® value*](#)

Prep: 20 minutes **Cook:** 15 minutes



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#), [Gluten-Free](#)

Ingredients

3 3/4 cups riced cauliflower
1 lb. raw extra-lean ground beef (at least 95% lean)
1 cup chopped onion
1 tsp. garlic powder
1 tsp. onion powder
1/4 tsp. salt
1/4 tsp. black pepper
1/3 cup light/reduced-fat cream cheese
1/3 cup shredded reduced-fat cheddar cheese
3 tbsp. ketchup
1 tbsp. yellow mustard
1 cup chopped tomatoes
1/4 cup chopped hamburger dill pickle chips
Optional topping: sesame seeds

Directions

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Add cauliflower, beef, onion, and seasonings. Cook and crumble until veggies have mostly softened and beef is cooked through, 8-10 minutes.

Reduce heat to medium-low. Add cream cheese, cheddar, ketchup, and mustard. Cook and stir until cheeses have melted and entire dish is hot and well mixed, about 2 minutes.

Top with tomatoes and pickles.

MAKES 4 SERVINGS

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.