



## Cheeseburger Lettuce Wraps



1/4th of recipe (3 lettuce wraps): 238 calories, 9.5g total fat (4.5g sat fat), 555mg sodium, 10g carbs, 1.5g fiber, 6g sugars, 27.5g protein

**Blue Plan (Freestyle™) SmartPoints®** value 6\*

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



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

- 1 lb. raw extra-lean ground beef (4% fat or less)
- 1/2 cup chopped onion
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/8 tsp. each salt and black pepper
- 1/4 cup shredded reduced-fat cheddar cheese
- 1/4 cup light/reduced-fat cream cheese
- 3 tbsp. ketchup
- 2 tbsp. yellow mustard
- 6 hamburger dill pickle chips, chopped, or more for topping
- 12 large iceberg or butter lettuce leaves

### 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 cheddar cheese, cream cheese, ketchup, and mustard. Stir until thoroughly mixed and melted.

Stir in chopped pickles. Evenly distribute among lettuce leaves, about 1/4 cup each.

**MAKES 4 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.