



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

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



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

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

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