



## 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

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.