



Chili-rific Cheeseburger



Entire recipe: 270 calories, 4.5g total fat (0.5g sat fat), 973mg sodium, 38g carbs, 10.5g fiber, 6.5g sugars, 22.5g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

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



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

Ingredients

One 100-calorie flat sandwich bun
2 slices tomato
1 slice onion
1 frozen meatless hamburger-style patty with 100 calories or less
2 tbsp. low-fat veggie chili
1 slice fat-free American cheese
1 tsp. yellow mustard
Optional topping: hamburger dill pickle chips

Directions

Split bun in half and lightly toast. Top the bottom half with tomato and onion.

Bring a skillet sprayed with nonstick spray to medium heat. Cook patty for 4 minutes per side, or until cooked through. Place patty over onion on the bun.

In a small microwave-safe bowl, microwave chili for 45 seconds, or until hot.

Top patty with chili and cheese. Slap mustard onto the top half of the bun, and plop the bun top over the cheese. Now, the most important step of all...

Enjoy!

MAKES 1 SERVING

[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.