



100-Calorie Burger Patties



1/6th of recipe (1 patty): 100 calories, 3g total fat (1.5g sat fat), 258mg sodium, <0.5g carbs, 0g fiber, <0.5g sugars, 16.5g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

Prep: 10 minutes **Cook:** 20 minutes



Tagged: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

- 1 lb. raw extra-lean ground beef
- 1/4 cup liquid egg whites (about 2 egg whites)
- 1/2 tsp. each salt and black pepper
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder

Directions

In a large bowl, thoroughly mix all ingredients. Evenly form into 6 patties, each about 3 1/2 inches wide.

Bring a grill pan (or large skillet) sprayed with nonstick spray to medium-high heat. Cook patties for 4 minutes per side, or until cooked to your preference, working in batches as needed.

MAKES 6 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.