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

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.

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