



Hungry Mac 'Bella Stack Burger



Entire recipe: 234 calories, 2g total fat (0g sat fat), 946mg sodium, 45g carbs, 9.5g fiber, 12g sugars, 14.5g protein

Green Plan [SmartPoints](#)® value 6*

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

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



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

Ingredients

Sauce

- 1 1/2 tbsp. fat-free Thousand Island dressing
- 1 tsp. finely minced onion or 1/2 tsp. dried minced onion
- 1/8 tsp. granulated white sugar or Splenda No Calorie Sweetener (granulated)
- 1/8 tsp. white wine vinegar

Sandwich

- 2 portabella mushroom caps
- 1 1/2 small light hamburger buns (1 top and 2 bottoms)
- 1/4 cup shredded lettuce
- 1 slice fat-free American cheese
- 1 tbsp. diced onion
- 3 hamburger dill pickle chips

Directions

In a small bowl, thoroughly mix sauce ingredients.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Place mushroom caps in the skillet, rounded sides down. Cover and cook until soft, about 4 minutes per side.

Spread one bottom bun with half of the sauce. Top with 2 tbsp. lettuce. Top with cheese and 1 mushroom cap, and sprinkle with 1/2 tbsp. diced onion.

Spread remaining half of the sauce on the other bun bottom, and place it on the sandwich, sauce side up. Top with pickle chips and remaining 2 tbsp. lettuce. Top with the remaining mushroom cap and remaining 1/2 tbsp. onion.

Add the bun top and open wide!

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.