



## Mac Attack Lettuce Wraps



1/4th of recipe (3 lettuce cups): 278 calories, 12.5g total fat (5g sat fat), 800mg sodium, 9g carbs, 1.5g fiber, 5g sugars, 30g protein

**Freestyle™ SmartPoints®** value 7\*

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



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

### Ingredients

#### Sauce

1/4 cup light Thousand Island dressing  
2 tbsp. finely chopped onion  
1/2 tsp. granulated white sugar (or 1/4 tsp. no-calorie sweetener)  
1/2 tsp. white wine vinegar

#### Filling

1 lb. raw extra-lean ground beef (at least 96% lean)  
1/2 cup finely chopped onion  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/8 tsp. each salt and black pepper  
2 tbsp. yellow mustard, or more for topping  
12 medium iceberg or butter lettuce leaves  
3/4 cup shredded reduced-fat cheddar cheese  
24 hamburger dill pickle chips, chopped  
1 tbsp. sesame seeds  
Optional toppings: chopped tomato, ketchup

### Directions

In a small bowl, thoroughly mix sauce ingredients.

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 mustard, and mix well.

Spread lettuce leaves with sauce and fill with beef mixture, about 1/4 cup each. Top with cheese, chopped pickles, and sesame seeds.

**MAKES 4 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.