



## Mac Attack Potato Skins



1/4th of recipe (2 potato skins): 273 calories, 7.5g total fat (3g sat. fat), 429mg sodium, 31.5g carbs, 5g fiber, 3g sugars, 19.5g protein

[Click for WW Points® value\\*](#)

**Prep:** 15 minutes    **Cook:** 25 minutes



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#), [Gluten-Free](#)

## Ingredients

### Sauce

2 tbsp. light Thousand Island dressing  
1 tbsp. finely chopped onion  
1/4 tsp. granulated white sugar (or 1/8 tsp. no-calorie sweetener)  
1/4 tsp. white wine vinegar

### Skins

Four 10-oz. raw russet potatoes  
8 oz. raw extra-lean ground beef (at least 96% lean)  
2 tbsp. finely chopped onion  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/8 tsp. each salt and black pepper  
1 tbsp. yellow mustard, or more for topping  
1/2 cup shredded reduced-fat cheddar cheese  
1/2 cup shredded lettuce  
8 hamburger dill pickle chips, chopped  
1 tbsp. sesame seeds  
Optional toppings: chopped tomato, ketchup

## Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

In a small bowl, thoroughly mix sauce ingredients.

Pierce potatoes several times with a fork, and place on a microwave-safe plate. Microwave for 5 minutes, or until partly softened. Flip potatoes, and microwave for 5 - 8 minutes, until soft on all sides.

leaving about 1/4 inch inside the skin. Place the potato skins on the baking sheet, and bake until crispy, 10 - 12 minutes.

Meanwhile, 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. Evenly distribute meat mixture among potato skins.

Top with cheese, lettuce, pickles, sesame seeds, and sauce.

**MAKES 4 SERVINGS**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or

approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

---

Publish Date: March 26, 2020

Author: Hungry Girl

Copyright © 2023 Hungry Girl. All Rights Reserved.