



Outside-In Bacon Cheeseburgers



1/4 of recipe (1 patty): 214 calories, 10g total fat (5g sat. fat), 378mg sodium, 2g carbs, 0g fiber, 1g sugars, 27.5g protein

[Click for WW Points® value*](#)

Prep: 10 minutes **Cook:** 15 minutes



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

Ingredients

1 lb. raw extra-lean ground beef (at least 95% lean)
3 tbsp. precooked crumbled bacon
2 tsp. Worcestershire sauce
1 tsp. garlic powder
1/2 tsp. onion powder
1/8 tsp. salt
1/8 tsp. black pepper
1/4 cup reduced-fat/light cream cheese, divided

Directions

In a large bowl, combine beef, bacon, Worcestershire sauce, and seasonings. Mix until uniform. Divide into 4 portions.

Divide 1 portion in half, and flatten each half into a thin patty. Place 1 tbsp. of cream cheese on the center of 1 patty. Top with the other patty, and squeeze the edges to seal, forming one stuffed patty. Repeat to make 3 more stuffed patties.

Bring a grill pan (or large skillet) sprayed with nonstick spray to medium-high heat. Working in batches as needed, cook for 4–6 minutes per side, until cooked to your preference.

MAKES 4 SERVINGS

Outdoor Grilling Alternative: Grill burger patties over high heat for 2–4 minutes per side.

HG FYI: This recipe's gluten free! Just check your Worcestershire sauce, as some brands contain gluten.

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.