



## Outside-In Cheeseburger Patty



Entire recipe: 179 calories, 6g total fat (3g sat fat), 452mg sodium, 1.5g carbs, 0g fiber, 1g sugars, 26g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Prep:** 5 minutes    **Cook:** 20 minutes



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

### Ingredients

4 oz. raw extra-lean ground beef  
1/8 tsp. Worcestershire sauce  
1/8 tsp. garlic powder  
1/8 tsp. onion powder  
Dash each salt and black pepper  
1 wedge The Laughing Cow Light Creamy Swiss cheese

### Directions

In a medium bowl, thoroughly mix all ingredients except cheese.

Form into a ball, and make a large hollow indentation with your thumb (past the center but not all the way through).

Fill the hole with cheese and squeeze meat to seal, enclosing cheese. Flatten slightly into a thick patty.

Bring a grill pan (or skillet) sprayed with nonstick spray to medium-high heat. Cook patty for 4 to 8 minutes per side, until cooked to your preference. Enjoy!

**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.