



Teriyaki Beef Lettuce Cups



1/4th of recipe (3 lettuce cups): 215 calories, 5g total fat (2g sat fat), 694mg sodium, 16g carbs, 1.5g fiber, 10g sugars, 25g protein

Green Plan [SmartPoints](#)® value 4*

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

Purple Plan [SmartPoints](#)® value 4*

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



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

Ingredients

- 1 lb. raw extra-lean ground beef (4% fat or less)
- 1/2 cup chopped onion
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/8 tsp. each salt and black pepper
- 1/2 cup canned crushed pineapple packed in juice, lightly drained
- 1/3 cup thick teriyaki marinade or sauce, or more for topping
- 1/4 cup canned water chestnuts, drained and roughly chopped
- 12 medium iceberg or butter lettuce leaves
- 1/2 cup chopped scallions

Directions

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.

Reduce heat to low. Add pineapple, teriyaki, and water chestnuts. Cook and stir until hot and well mixed, about 2 minutes.

Just before serving, evenly distribute among lettuce leaves, about 1/4 cup each. Top with scallions.

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.