



## Too-Cute Cheeseburger Bites



1/4th of recipe (4 bites): 164 calories, 6.5g total fat (3.5g sat. fat), 437mg sodium, 6.5g carbs, 1.5g fiber, 2g sugars, 19.5g protein

[Click for WW Points® value\\*](#)

**Prep:** 20 minutes    **Cook:** 10 minutes



More: [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

8 oz. raw extra-lean ground beef (4% fat or less)  
1/4 cup finely chopped onion  
3 tbsp. whole-wheat panko breadcrumbs  
2 tbsp. egg whites (about 1 large egg's worth) or fat-free liquid egg substitute  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1/8 tsp. each salt and black pepper  
4 slices reduced-fat cheddar cheese  
16 hamburger dill pickle chips  
16 small pieces of lettuce  
8 cherry tomatoes, halved  
Optional dips/toppings: ketchup, yellow mustard, light Thousand Island dressing

### Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

In a large bowl, thoroughly mix beef, onion, breadcrumbs, egg whites/substitute, and seasonings.

Evenly form into 16 patties on the baking sheet. Bake for about 8 minutes, or until cooked to your preference.

Meanwhile, break each cheese slice into 4 squares.

Plate burger patties, and immediately top with cheese, pickle chips, lettuce, and tomato halves. Serve with toothpicks.

#### 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 product samples, 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. For those on the Diabetic Plan, values may vary.

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.