



Chief Of Beef Cheeseburger



Entire recipe: 289 calories, 6g total fat (2g sat. fat), 724mg sodium, 26g carbs, 5.5g fiber, 4.5g sugars, 34.5g protein

Prep: 5 minutes **Cook:** 10 minutes

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Ingredients

One 100-calorie flat sandwich bun
1/2 lettuce leaf
1 slice tomato
4 oz. raw extra-lean ground beef
1 tbsp. liquid egg whites (about half a large egg white)
Dash each salt and black pepper
Dash garlic powder
Dash onion powder
1 slice fat-free cheddar or American cheese
1 thin slice onion
Optional toppings: mustard, fat-free mayonnaise, ketchup, hamburger dill pickle chips

Directions

Split bun into halves, and top the bottom half with lettuce and tomato.

In a medium bowl, thoroughly mix beef, egg whites, and seasonings. Evenly form into a patty about 4 inches wide.

Bring a grill pan (or skillet) sprayed with nonstick spray to medium-high heat. Cook patty for 3 to 4 minutes per side, or until cooked to your preference.

Top patty with cheese and cook until melted, about 45 seconds.

Transfer cheese-topped patty to the bottom half of the bun. Top with onion and the top half of the bun!

MAKES 1 SERVING

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