



100-Calorie Burger Patties



1/6th of recipe (1 patty): 100 calories, 3g total fat (1.5g sat. fat), 258mg sodium, <0.5g carbs, 0g fiber, <0.5g sugars, 16.5g protein

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



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Ingredients

1 lb. raw extra-lean ground beef
1/4 cup liquid egg whites (about 2 egg whites)
1/2 tsp. each salt and black pepper
1/4 tsp. garlic powder
1/4 tsp. onion powder

Directions

In a large bowl, thoroughly mix all ingredients. Evenly form into 6 patties, each about 3 1/2 inches wide.

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

MAKES 6 SERVINGS

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