



Hungry Mac 'Bella Jr.



Entire recipe: 234 calories, 7g total fat (2.5g sat fat), 627mg sodium, 33g carbs, 7.5g fiber, 8.5g sugars, 14g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

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



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

Ingredients

Sauce

- 1 tbsp. light Thousand Island dressing
- 1 tsp. finely minced onion
- 1/8 tsp. granulated white sugar
- 1/8 tsp. white wine vinegar

Sandwich

- 1 portabella mushroom cap (stem removed)
- One light English muffin or 100-calorie sandwich bun
- 1 slice reduced-fat cheddar cheese
- 3 hamburger dill pickle chips
- 1 tbsp. diced onion
- 1/4 cup shredded lettuce

Directions

In a small bowl, thoroughly mix sauce ingredients.

Bring a skillet sprayed with nonstick spray to medium-high heat. Place mushroom cap in the skillet, rounded side down. Cover and cook until soft, about 4 minutes per side. Blot away excess moisture.

Spread half of the sauce on the bottom bun. Top with mushroom cap, cheese, pickles, onion, and lettuce.

Spread remaining sauce on the top bun, and place it on the sandwich, sauce side down.

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.