4 Types of Low-Carb Cheeseburgers

Cheeseburgers are often on the menu when someone wants comfort food, but they aren’t always the healthiest option. If you happen to be on a low-carb diet, you can probably have the meat, cheese, and some of the veggies, but the bun is typically out of the question. However, it is possible to have the main part of a cheeseburger without the bun and still really enjoy your meal. Here are four different ways to have a low-carb cheeseburger.

**Wrap the Burger in Lettuce**

This is perhaps the simplest way to enjoy your cheeseburger. There isn’t much you need to change with the burger, depending on the type of low-carb diet you are on. Some condiments have a low amount of carbohydrates, so you might want to the skip the ketchup and mayonnaise, and instead make yourself a low-carb sauce to put on it instead. In a large leaf of lettuce, you can add your hamburger patty, slice of cheese, and whatever veggies you want. Romaine and iceberg lettuce are both good options.

**Use a Low-Carb Tortilla**

Another way to have your cheeseburger without the bun is to wrap the contents of the burger inside of a low-carb tortilla. You can turn it into a burrito which gives you a bigger ‘cheeseburger’, or you can use a smaller taco-size low-carb tortilla. There are also vegetable tortillas like tomato or spinach that typically have less carbs and fat than regular flour tortillas. With the tortilla, you have more room to work with, so it allows you to fit in lots of veggies as well.

**Make a Cheeseburger Bowl**

Bowls are becoming popular ways to have your favorite foods without the bun or wrap. They are popular for people who are watching how much they eat and want more of a salad out of their favorite fillings and toppings, but also for anyone on a low-carb diet who can’t eat that bun. With a cheeseburger bowl, you start with a bed of lettuce and add in other veggies you plan to have on your burger, such as onions, tomatoes, and sliced pickles. You can then add in your cooked hamburger cut into smaller pieces and go with shredded cheese instead of sliced cheese.

**Turn it Into a Casserole**

To feed your entire family, you can make yourself a cheeseburger casserole. This is going to be similar to the other option, except you are cooking it with some of your other favorite ingredients. It will have your meat, cheese, veggies, and other toppings.