



# Big Dan & Jr Dan

My WW-ified, healthier versions of a McDonald's Big Mac and Junior Big Mac

This is my low point, low fat recipe for a McDonald's Big Mac, using ground turkey and my low point Thousand Island dressing. I'll also be showing you how to make a single patty version. Let's call them, **Big Dan** and **Junior Dan**. Best part? A REGULAR Big Mac is 21 points, while mine has less points than the Cleveland Browns offense.

Now... sit down and put your thinking caps on, because this recipe is going to have a LOT of notes and WW-math.

## Servings Info.:

Yields: 4 burgers  
 Servings: 4  
 Serving Size: 1 burger



R-D  
4-4



R-D  
2-2

- last checked 02/18/24 -

*(The Big Dan's listed points INCLUDE BREAD!!! This is the only burger in the book that does! These points assume you are using 2 point burger buns, plus 1 'bottom' bun from an extra set o' buns. Therefore... THREE POINTS of this burger is from the bread.*

## Ingredients:

### Savory Ground Turkey Patties:

- 1 lb batch of my Savory Ground Turkey, recipe on pg. 26. Will be formed into 8 veeeeery thin patties (they must be thin).

### Low Point Thousand Island Dressing:

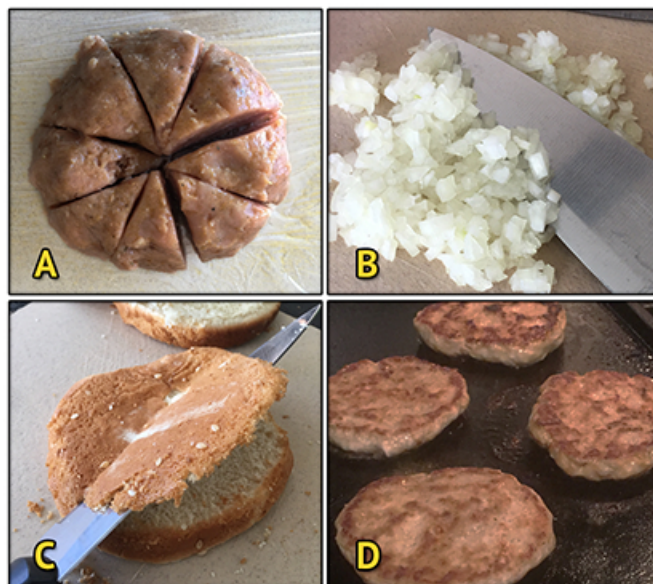
- 1/2 batch of my Thousand Island dressing, recipe on page 23.

### Additional Ingredients:

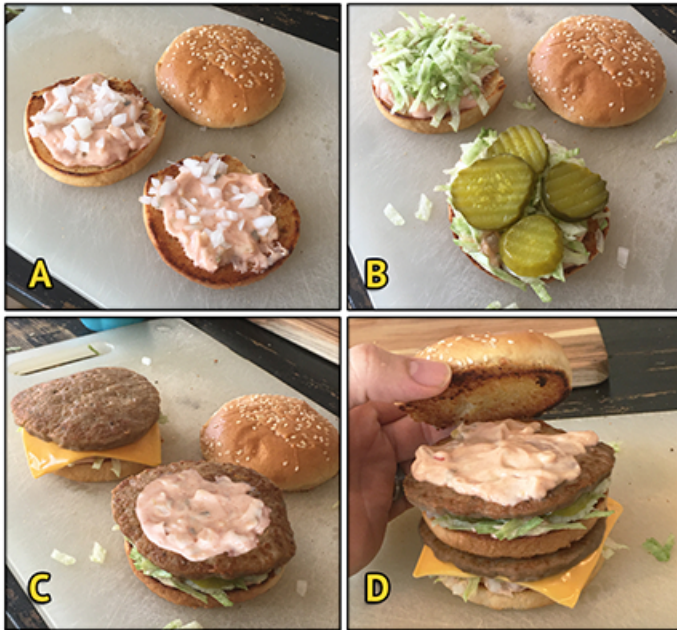
- 4 slices of low point american cheese slices, such as Borden's Fat Free singles (3 points), or Velveeta Original (5 points)\*\*\*
- 1/2 head of Iceberg lettuce, finely shredded (or a bag of shredded lettuce, if you want to make it easier on yourself)
- 1 medium white onion, finely diced
- Dill pickle slices, at least 4 per burger.
- An entire package of 8 (2 point) keto burger buns (see notes)\*\*\*

## Directions:

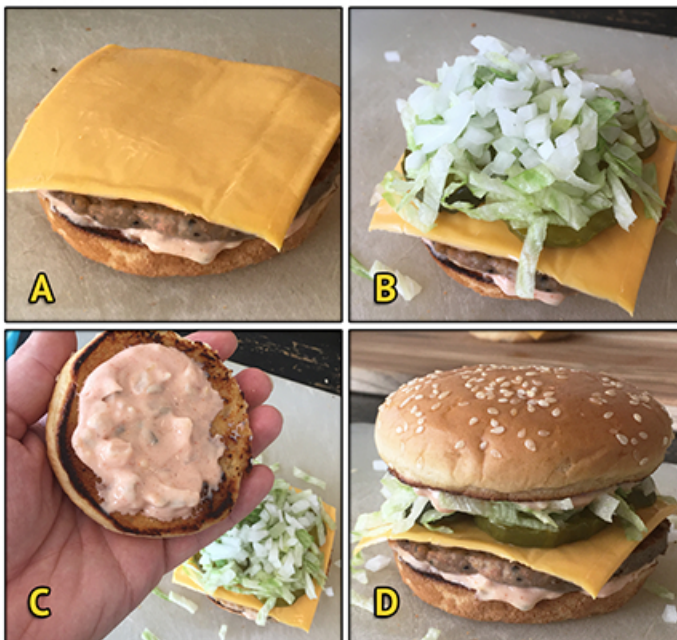
The following instructions are the process to make the double decker "Big Dan" burger. Instructions will also be provided for making the single patty version.



- 1 (A) Roll your batch of seasoned meat into a mound. Using a knife, slice it into 8 'equal' sections. Shape the meat into patties, set aside to rest for 20 minutes. (B) Finely dice the onion, set aside. (C) Take the bottom bun from each of the 4 extra hamburger buns in the package, then use a knife to slice off the dark, baked bottom. You want to have white bread on both sides. This 1 'middle' bun will be 1 point. Set aside. (D) Preheat a pan over medium heat for 1 minute, then cook the thin burger patties for 1.5 minutes per side.



- 2 To assemble 'The Big Dan', first toast the buns. **(A)** Place a dollop of thousand island onto both the bottom and the middle buns, followed by some diced onions. **(B)** Next, place some shredded lettuce onto both buns. On what will be the center bun, arrange a few pickle slices. **(C)** Place a slice of cheese on top of the bottom bun's lettuce, then put a patty on top of the cheese. Place a 2nd patty onto the pickles, followed by a dollop of dressing. **(D)** Stack it all together, by placing the 'middle part' onto the 'bottom part', then cover with the top bun. Done.



- 3 To assemble the 'Junior Dan' burgers, first, toast burger buns. **(A)** Smear the bottom bun with some thousand island, then place a burger patty on top, followed by 1 slice of cheese. **(B)** Place pickles on top of the cheese, followed by a mound of shredded lettuce, then top the lettuce with diced onions. **(C)** Smear some thousand island onto the top bun, **(D)** then cap the burger with the bun. Done.

## NOTES & SUGGESTIONS:

- **CHEESE:** There is a major variable in this recipe. It is the points for the cheese. I found a Fat Free brand of cheddar cheese slices in my grocery store's cheese section, it's the "Borden's" brand, fat free cheddar singles. They let you have up to 5 slices for 3 points. Velveeta Originals are also low point cheese slices. They are 5 points for 4 slices. I formulated this recipe with the higher point Velveeta slices, because they are easier for people to find. I'd highly suggest scanning your local store brands and adjust your points if needed.
- **MIDDLE BUN:** For these 4 burgers... we are going to need an extra "bottom bun", that we can slice and use as the middle piece of bread. Burger buns are sold in packs of 8. I took the remaining 4 burger buns and used the extra bottom 'round' from the extra 4 buns. As seen in picture "1C", I sliced the 'browned' bread off of the bottom of the 4 extra bottom buns. That 1 bottom half of each 2 point bun, is only 1 point. So... 3 total points for all 3 layers of bread in your "big dan".
- **THIN PATTIES:** Regular Big Mac's have extreeeeemely thin burger patties. To get the familiar 'mouth-feel' of the real sandwich, you need to make your burger patties thin too. However, if you feel they are TOO thin, go ahead and use a full 1 pound batch of meat.

