



WRAPS YOUR WAY

Serves: 1 | Serving Size: 1 wrap

INGREDIENTS

- 1 teaspoon spread, such as lowfat mayonnaise, ranch dressing, or mustard
- 1/2 cup vegetables, shredded, sliced, or chopped (lettuce, tomato, slaw mix, cucumber, onion, carrot)
- 1 (8-inch) whole wheat tortilla
- 1 ounce cooked sliced chicken or beef, 1/4 cup tuna, 1 hard cooked egg, or 1/4 cup refried beans
- 1 tablespoon shredded cheese

DIRECTIONS

1. Mix the spread and the vegetables together.
2. Spread vegetable mixture on tortilla.
3. Spoon on the meat, egg, or beans and sprinkle on the cheese.
4. Roll up and eat or wrap in a paper towel and heat in microwave for 30 seconds to melt cheese.

TIPS

- 1 ounce of meat is about 1/3 the thickness of a deck of playing cards.
- This recipe's nutrition facts are based on using low fat mayonnaise and white chicken meat.

Nutrition Facts	
1 servings per container	
Serving size	1 wrap(147g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 870mg	38%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 1mg	6%
Potassium 150mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	