





Deconstructed Buffalo Wing Lettuce Wraps



Developed by Hungry Girl. Brought to you by <u>StarKist</u>!

Entire recipe: 136 calories, 6g total fat (1.5g sat. fat), 884mg sodium, 9.5g carbs, 2g fiber, 3g sugars, 9.5g protein

Prep: 5 minutes



Ingredients

One 2.6-oz. pouch <u>StarKist Chicken Creations BOLD Buffalo Style</u> 2 medium iceberg or butter lettuce leaves 1/4 cup shredded carrots, roughly chopped 1/4 cup finely chopped celery 1 tbsp. light ranch dressing

Directions

Evenly divide chicken between lettuce leaves.

Top with veggies, and drizzle with dressing.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our <u>editorial</u> and <u>advertising</u> policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? Click here.

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. Click here for more information.

Publish Date: August 24, 2018 Author: Hungry Girl Copyright © 2025 Hungry Girl. All Rights Reserved.