



Flatout Tarantuladas



1/2 of flatbread: 116 calories, 4.5g total fat (1.5g sat. fat), 424mg sodium, 13.5g carbs, 5g fiber, <0.5g sugars, 8g protein

Prep: 5 minutes **Cook:** 15 minutes

More: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [5 Ingredients or Less](#)

Ingredients

- 1 [Flatout Hungry Girl Exclusive 100% Whole Wheat with Flax Foldit Flatbread](#)
- 1/4 cup refried beans
- 3 tbsp. shredded reduced-fat Mexican-blend cheese
- 3 large pitted black olives

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Bake flatbread until hot and lightly browned, 8 - 10 minutes.

Spread with beans, and sprinkle with cheese. Bake until hot, about 2 minutes.

Slice one olive in half lengthwise. Place one piece in the center of each flatbread half, cut side down.

Cut each of the remaining 2 olives widthwise into 4 slices, for a total of 8 slices.

Use 2 of the end slices to form a "head" above each of the olive halves on the flatbread. Cut remaining slices into half-moon shapes, and arrange to form 12 "legs."

Cut into 2 pieces.

MAKES 2 SERVINGS

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 [editorial](#) and [advertising](#) 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.