



Air-Fryer Turkey Reuben Wrap



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Entire recipe: 185 calories, 7g total fat (3g sat. fat), 815mg sodium, 16.5g carbs, 10.5g fiber, 0.5g sugars, 21.5g protein

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



Ingredients

2 tbsp. sauerkraut, blotted dry
1 tsp. yellow mustard
1 low-carb flour tortilla with 70 calories or less (like [the kind by La Tortilla Factory](#))
1 1/2 oz. (about 3 slices) reduced-sodium skinless turkey breast
1 slice reduced-fat Swiss cheese

Directions

In a small bowl, mix sauerkraut with mustard until uniform.

Spread mixture along the center of the tortilla, and top with turkey and cheese. Wrap tortilla up like a burrito, folding the sides in first, and then rolling it up from the bottom.

Place wrap in the air fryer, seam side down. Set temperature to 375 degrees (or the nearest degree). Cook for 5 minutes, or until golden brown and crispy.

MAKES 1 SERVING

HG Alternative: Swap out the mustard for light Thousand Island dressing!

Oven Alternative: No air fryer? No problem. Bake your wrap at 375 degrees until golden brown, about 10 minutes.

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