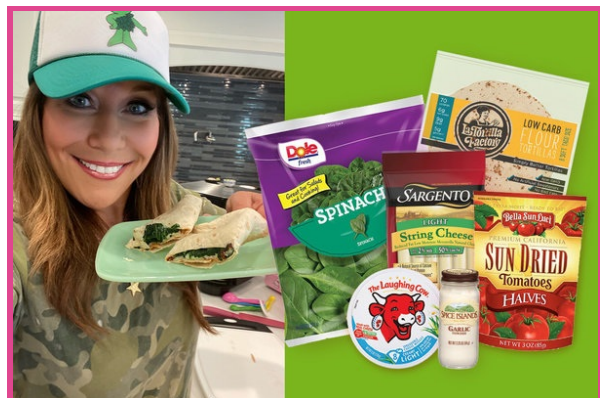




Air-Fryer Cheesy Spinach Wrap



[Click to see how it's made](#) !

Entire recipe: 224 calories, 7g total fat (3.5g sat. fat), 727mg sodium, 28.5g carbs, 14g fiber, 6.5g sugars, 19g protein

Prep: 5 minutes **Cook:** 10 minutes

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Ingredients

2/3 cup cooked roughly chopped spinach (about 3 1/2 cups raw), blotted dry
1 wedge The Laughing Cow Light Creamy Swiss cheese (or 1 tbsp. light/reduced-fat cream cheese)
1/4 tsp. garlic powder
3 - 4 sun-dried tomato halves (not packed in oil), chopped (about 2 tbsp.)
1 low-carb flour tortilla with 70 calories or less (like [the kind by La Tortilla Factory](#))
1 stick light string cheese

Directions

In a medium microwave-safe bowl, combine cooked spinach, cheese wedge, and garlic powder. Microwave for 1 minute. Thoroughly mix until cheese has melted and mixture is uniform.

Mix in chopped sun-dried tomatoes. Spread mixture along the center of the tortilla. Tear or chop string cheese into pieces, and place them over the spinach mixture. 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

Ingredient FYI: If your sun-dried tomatoes come packed in oil, just rinse them thoroughly and blot dry.

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

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