



## Chicken & Apple Slaw Wrap



Entire recipe: 275 calories, 9g total fat (2.5g sat. fat), 540mg sodium, 29g carbs, 9g fiber, 7g sugars, 23.5g protein

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**Prep:** 5 minutes

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### Ingredients

- 1 tbsp. fat-free plain Greek yogurt
- 1 tbsp. light mayonnaise
- 1 tsp. seasoned rice vinegar
- 1/8 tsp. garlic powder
- 1/8 tsp. onion powder
- 2 oz. cooked and shredded skinless chicken breast
- 1/3 cup bagged coleslaw mix
- 1/4 cup chopped apple
- 1 tbsp. chopped scallions
- 1 large low-carb flour tortilla with 100 calories or less

### Directions

In a medium bowl, combine yogurt, mayo, vinegar, garlic powder, and onion powder. Mix until uniform.

Add chicken, coleslaw mix, apple, and scallions. Toss to coat.

Place chicken mixture on the center of the tortilla.

Wrap tortilla up like a burrito, folding the sides in first, and then rolling it up from the bottom.

**MAKES 1 SERVING**

**Chicken Tip:** Look for precooked chicken at the supermarket—it's super easy to shred!

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