



Deconstructed Buffalo Wing Lettuce Wraps



Developed by Hungry Girl. Brought to you by [StarKist!](#)

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

Blue Plan (Freestyle™) [SmartPoints®](#) value 3*

Prep: 5 minutes



Ingredients

One 2.6-oz. pouch [StarKist Chicken Creations BOLD Buffalo Style](#)
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

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.