



Air-Fryer Hawaiian BBQ Chicken Wrap



Entire recipe: 207 calories, 5.5g total fat (2g sat. fat), 632mg sodium, 24g carbs, 10g fiber, 7.5g sugars, 20.5g protein

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



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Ingredients

1 wedge The Laughing Cow Light Creamy Swiss cheese (or 1 tbsp. light/reduced-fat cream cheese)
1 tbsp. chopped fresh cilantro
1 tbsp. chopped red onion
1 tbsp. canned crushed pineapple packed in juice, drained
1/3 cup (about 1 1/2 oz.) cooked and shredded chicken breast
1 tbsp. BBQ sauce with 45 calories or less per 2-tbsp. serving
1 low-carb flour tortilla with 70 calories or less (like [the kind by La Tortilla Factory](#))

Directions

In a small bowl, combine cheese wedge, cilantro, onion, and pineapple. Thoroughly mix until uniform.

In another small bowl, coat chicken with BBQ sauce.

Spread cheese mixture along the center of the tortilla, and top with BBQ chicken. 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

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

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