



Tuna, Apple 'n Avocado Wrap



Entire recipe: 292 calories, 10.5g total fat, 600mg sodium, 33g carbs, 9g fiber, 5.5g sugars, 23.5g protein

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Prep: 10 minutes

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Ingredients

- 1 tbsp. fat-free plain Greek yogurt
- 2 tsp. light mayonnaise
- 1 dash garlic powder
- 1 dash onion powder
- One 2.6-oz. pouch albacore tuna in water
- 1/4 cup chopped apple
- 2 tbsp. chopped cucumber
- 1 low-carb flour tortilla with 100 calories or less
- 1/4 cup shredded lettuce
- 1 oz. sliced avocado (about 1/4 of an avocado)

Directions

In a medium bowl, combine yogurt, mayo, and seasonings. Mix thoroughly. Add tuna, apple, and cucumber, and stir to coat.

If you like, microwave tortilla on a microwave-safe plate for 10 seconds, or until warm.

Lay lettuce across the middle of the tortilla. Top with avocado and tuna mixture.

Wrap tortilla up by first folding in one side (to keep filling from escaping) and then tightly rolling it up from the bottom. (Or fold in both sides, burrito style.)

MAKES 1 SERVING

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