



Wedge Salad Wrap



Entire recipe: 240 calories, 10.5g total fat (3.5g sat. fat), 817mg sodium, 30g carbs, 8g fiber, 4.5g sugars, 13.5g protein

[Click for WW Points® value*](#)

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

More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 1 1/2 cups shredded lettuce
- 1 tbsp. light blue cheese dressing
- 2 strips center-cut bacon or turkey bacon
- 1 large high-fiber flour tortilla with 110 calories or less (like [the kinds by La Tortilla Factory](#))
- 1/4 cup chopped tomato
- 2 tsp. crumbled blue cheese

Directions

In a medium bowl, toss lettuce with dressing.

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook times.)

Microwave tortilla for 10 seconds, or until warm and pliable. Place dressed lettuce in the center, and top with tomato, bacon, and blue cheese crumbles.

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

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.