

Low-Calorie and Low-Fat Tuna Wrap

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/low-fat-greek-yogurt-ice-cream-recipe>

Ingredients:

- 1 whole wheat wrap 6-inch, or tortilla; see the section below on selecting a wrap or tortilla
- 3 ounces tuna water-packed canned, drained
- 1/2 stalk celery diced
- 1/4 red bell pepper or enough to make 2 tablespoons diced
- 1/4 cup greek yogurt nonfat, plain
- 1/4 cup spinach fresh, rinsed, stemmed, and spun dry

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 1 grams
8. Sodium: 130 milligrams
9. Sugar: 1 grams

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