

Buffalo Chicken Wrap

Ingredients

- 1 pound (cooked) shredded chicken breast
- ½ cup non fat Greek yogurt
- 1/3 cup hot sauce
- 1 Tablespoon dry ranch mix
- 2 cups shredded carrots
- 2 cups shredded lettuce
- 4 wheat wraps

Directions

1. Place shredded chicken in a medium bowl, add Greek yogurt, hot sauce, and dry ranch mix, stir until combined.
2. Top wheat wrap with chicken mixture, add carrots and lettuce.
3. Cut and serve

Nutrition Facts

Servings: 4

Amount per serving

Calories **278**

% Daily Value*

Total Fat 5.5g 7%

Saturated Fat 0g 0%

Cholesterol 74mg 25%

Sodium 997mg 43%

Total Carbohydrate 25.5g 9%

Dietary Fiber 9.6g 34%

Total Sugars 5.4g

Protein 36.6g

Buffalo Wild Wings- Buffalo Ranch Chicken Wrap:

Calories 910

Fat 51g

Saturated Fat 16g

Sodium 2860mg

Carbohydrates 79g

fiber 5g

sugar 6g

protein 34g