

Spicy Black Bean & Avocado Turkey Wrap

Prep: 10 minutes

Ingredients

3 tbsp. canned black beans, drained and rinsed

1 oz. (about 2 tablespoons) mashed avocado

Dash hot sauce, or more to taste

1/4 cup bagged broccoli coleslaw mix

1 tsp. lime juice

1 medium-large high-fiber flour tortilla with 110 calories or less

2 oz. sliced reduced-sodium 97% - 98% fat-free turkey breast (about 4 slices), roughly chopped

2 tbsp. chopped tomatoes



Directions

In a medium bowl, thoroughly mash black beans. Add avocado and hot sauce, and mix completely.

In a small bowl, toss coleslaw mix with lime juice.

Lay tortilla on a plate. Spread bean-avocado mixture along the center. Top with chopped turkey, lime-coleslaw mixture, and tomatoes.

Fold in the sides of the tortilla and tightly roll it up around the filling. Eat up!
MAKES 1 SERVING

Nutrition Information (Per Serving):

Entire recipe:

260 Calories

8g Fat total fat

36 g Carbohydrate

21g Protein

Recipe From:

<http://www.hungry-girl.com/recipes/spicy-black-bean-avocado-turkey-wrap>

Comparing Tortillas



Nutrition Facts	
Serving Size 1 tortilla (42g)	
Servings Per Package 8	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 19g	6%
Dietary Fiber 13g	52%
Sugars 0g	
Protein 5g	



Nutrition Facts	
Serving Size 1 tortilla (28g)	
Servings per Package 16	
Amount per Serving	
Calories 80	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	



Nutrition Facts	
Serving Size 1 tortilla (36g)	
Servings per Package 8	
Amount per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 3g	