

CHICKEN CAPRESE WRAP

Higher Fiber, Low Carb / Diabetes Friendly, Lower Sodium

Serves: 1 (Serving = 1 wrap)

Nutrition (per serving)

Calories: 270

Total Fat: 11 g

Saturated Fat: 4 g

Sodium: 440 mg

Total Carbohydrate: 25 g

Dietary Fiber: 13 g

Total Sugars: 3 g

Added Sugars: 0 g

Protein: 29 g

PREP TIME: 5 min



Ingredients

- 1 Tablespoon light mayonnaise
- 1 teaspoon balsamic vinegar
- 1 FlatOut® light flatbread
- 6 fresh basil leaves
- 5 small slices of tomato or 2 large slices
- 2 ounces grilled chicken slices
- 2 – 0.5 ounce slices of fresh mozzarella cheese

Directions

1. In a small bowl, mix together mayonnaise and balsamic vinegar. Spread all over one side of FlatOut®.
2. Add remaining ingredients to the FlatOut®, stacking them on top of each other, but spreading them out evenly. Roll up flatbread and slice in half.



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