



## Mexi' Shrimp Salad Wrap



Entire recipe: 277 calories, 4g total fat (1g sat fat), 730mg sodium, 40g carbs, 8g fiber, 6.5g sugars, 27g protein

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Prep:** 10 minutes



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

### Ingredients

2 tbsp. fat-free sour cream  
1/2 tbsp. fresh lime juice  
1/8 tsp. ground cumin  
2 dashes chili powder, or more to taste  
3 oz. cooked and chopped shrimp  
1/2 cup finely chopped romaine lettuce  
3 tbsp. fresh salsa or pico de gallo  
2 tbsp. canned black beans, drained and rinsed  
2 tbsp. frozen corn kernels, thawed  
2 tbsp. chopped fresh cilantro  
1 medium-large high-fiber flour tortilla with 110 calories or less  
Optional: salt

### Directions

In a large bowl, mix sour cream, lime juice, cumin, chili powder and, if you like, a dash of salt. Stir in all remaining ingredients *except* tortilla.

Spoon mixture across the center of the tortilla. Wrap tortilla up by first folding one side in (to keep filling from escaping), and then tightly rolling it up from the bottom. Enjoy!

**MAKES 1 SERVING**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.