



## Spicy Black Bean & Avocado Turkey Wrap



Entire recipe: 258 calories, 7.5g total fat (1g sat fat), 775mg sodium, 35.5g carbs, 10.5g fiber, 3.5g sugars, 21g protein

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

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**Purple Plan [SmartPoints](#)® value 5\***

**Prep:** 10 minutes



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

### 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 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**

[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.