Ground Chicken Buffalo Ranch Wraps

Serves 8

Ingredients:

2lbs Ground Chicken
2/3 Cup Franks Buffalo Wing Sauce
2 TBS Ranch Seasoning
Cooking Spray
8 Flatout Light Spinach Wraps

Optional toppings:
Blue Cheese Crumbles
Ranch Dressing
Shredded Carrots
Chopped Celery
Sliced White Onion

Directions:

1. Spray cooking oil lightly in a large skillet. Heat the pan slightly and add ground chicken to brown. Stir frequently for approximately 5-10 minutes until chicken is cooked through.
2. In a separate bowl, combine Buffalo Sauce and Ranch seasoning.
3. Drain the chicken.
4. Add Buffalo Ranch sauce to the skillet and stir until chicken is coated.
5. Add 1/3 cup of chicken mixture (or about 4 oz) to favorite low carb tortilla or wrap.
    a. Note: Also makes excellent filling for lettuce cups!

Nutritional Information:

**Includes 2 TBS blue cheese crumbles and shredded carrots*

Calories	242
Carbohydrates	22 g
Fat	11 g
Protein	30 g
Sodium	742 mg


WHOLE CARROTS
NET WT 16 OZ (1 LB) 454g
Frank's RedHot Wings
Hot Buffalo
CRUMBLED TRADITIONAL FETA CHEESE
SMART CHICKEN
GROUND CHICKEN
Net Wt. 16 oz. (1 lb) 454 g
USE BY / FREEZE BY JUN 17 2024
SMART CHICKEN
GROUND CHICKEN
Net Wt. 16 oz. (1 lb) 454 g
USE BY / FREEZE BY JUN 17 2024
FlatOut
LIGHT SPINACH
FUEL YOUR DAY
60 CALORIES
6g NET CARBS
6g PROTEIN
8 FLATBREADS
NET WT. 11.8 OZ (334g)
FlatOut
LIGHT SPINACH
FUEL YOUR DAY
60 CALORIES