



Shrimp, Avocado and Feta Wrap

INGREDIENTS

3 ounces chopped cooked shrimp
¼ cup diced avocado
¼ cup diced tomato
1 scallion, sliced
2 tablespoons crumbled feta cheese
1 tablespoon lime juice
1 whole-wheat tortilla

PREPARATION

Combine shrimp, avocado, tomato, scallion, feta and lime juice in a small bowl.

Serve in whole-wheat tortilla.

SERVES 1

ACTIVE TIME 5M
TOTAL TIME 5M

NUTRITION FACTS

Calories	358
Total Fat	16g
Saturated Fat	6g
Monounsaturated Fat	7g
Cholesterol	0mg
Sodium	485mg
Carbohydrates	28g
Dietary Fiber	8g
Total Sugars	4g
Added Sugars	0g
Protein	29g
Potassium	749mg



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