

Avocado & White Bean Wrap

Ingredients:

- 1 ½ tsp. cider vinegar
- ¼ tsp. extra virgin olive oil
- 1 tsp. adobe in chipotle, diced
- ½ cup red cabbage
- ¼ cup carrot, shredded
- 1 tbsp. cilantro, chopped
- 3 ½ ounce white beans
- ¼ avocado
- ¼ tsp. garlic powder
- 1 whole wheat tortilla



Nutrition Facts			
Serving Size 1 wrap (232g)			
Servings Per Container 1			
Amount Per Serving			
Calories 280		Calories from Fat 60	
		% Daily Value*	
Total Fat 7g		11%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 200mg		8%	
Total Carbohydrate 49g		16%	
Dietary Fiber 10g		40%	
Sugars 3g			
Protein 12g			
Vitamin A 60%		• Vitamin C 40%	
Calcium 10%		• Iron 25%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
Fat 9 • Carbohydrate 4 • Protein 4			



Directions:

1. Wash and shred cabbage. Chop cilantro leaves.
2. Prepare a red cabbage-carrot slaw: Whisk vinegar, oil, chipotle chile and salt in a medium bowl. Add cabbage, shredded carrot and cilantro; toss to combine.
3. Rinse and drain canned white beans. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in garlic powder, and onion powder if desired.
4. To assemble the wrap, spread the bean-avocado mixture onto a tortilla and top with the cabbage-carrot slaw. Roll up. Cut the wrap in half on a diagonal to serve.
5. Serve with Living Whole salsa.