



## Mexi Munchwrap Supreme



Entire recipe: 283 calories, 12g total fat (6g sat. fat), 715mg sodium, 31.5g carbs, 11g fiber, 3g sugars, 20g protein

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**Prep:** 10 minutes    **Cook:** 5 minutes



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### Ingredients

- 1/3 cup meatless crumbles (thawed, if frozen)
- 1/2 tsp. taco seasoning
- 1 [large low-carb flour tortilla with 100 calories or less](#)
- 1/4 cup shredded reduced-fat cheddar cheese
- 3 baked tortilla chips
- 1 tbsp. light sour cream
- 1/4 cup shredded lettuce
- 2 tbsp. diced tomato

### Directions

In a microwave-safe bowl, mix meatless crumbles with taco seasoning.

Place tortilla between 2 damp paper towels. Microwave for 15 seconds, or until warm and pliable.

Place seasoned crumbles in the center of the tortilla. Flatten the mixture into a circle, keeping it about 2 inches from the tortilla's perimeter.

Top seasoned crumbles with cheese, chips, sour cream, lettuce, and tomato.

Starting at the bottom, fold the edge of the tortilla to meet the center of the filling. Going around the perimeter of the tortilla, repeatedly fold overlapping sections to meet at the center, until filling is completely enclosed. (See video and photo below for reference!)

Spray air fryer with non-aerosol nonstick spray. Place stuffed tortilla in the air fryer, folded sides down. Spray with nonstick spray.

Set air fryer to 390°F. Cook until golden brown and crispy, 4-5 minutes.

#### MAKES 1 SERVING

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