



## January 6- Quick Snack Wrap

Not Smart Snack Compliant

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=337255>

### Recipe

#### Ingredients:

- 1 low-fat string cheese stick
- 1 slice deli sliced chicken breast
- 1 teaspoon honey mustard

#### Directions:

1. Lay chicken on plate and spread mustard on chicken.
2. Place string cheese at on edge of chicken, and wrap around the cheese.

Yield 1 serving

### Nutrition Facts

Serving Size 1 wrap (47g)  
Servings Per Container 1

#### Amount Per Serving

**Calories** 70      **Calories from Fat** 25

**% Daily Value\***

<b>Total Fat</b>	2.5g	<b>4%</b>
Saturated Fat	1.5g	<b>8%</b>
Trans Fat	0g	
<b>Cholesterol</b>	20mg	<b>6%</b>
<b>Sodium</b>	410mg	<b>17%</b>
<b>Total Carbohydrate</b>	2g	<b>1%</b>
Dietary Fiber	0g	<b>0%</b>
Sugars	<1g	

**Protein** 10g      **19%**

Vitamin A 8%      •      Vitamin C 0%

Calcium 15%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.