

“Bunny” Wraps

- 1 whole hard-boiled egg
- 2 egg whites from hard-boiled eggs
- 1 tbsp. low fat mayo
- 1 tsp. or more to taste, mustard
- 1/4 tsp. dill
- ¼ cup diced onion and celery (mixed)
- 4 Iceberg lettuce leaves
- season to taste

Variations:

May substitute whole wheat bread for the lettuce.

Other additions may include one or more of the following: shredded cheese, pickles, peppers, croutons, substitute fat free plain yogurt for low fat mayo, avocado, turmeric, cayenne pepper

Bring out the bunny in you!



Nutritional Information

Makes 4 Lettuce Wraps

Nutrition Facts

Serving Size: 1 recipe

Amount Per Serving

Calories 154

Total Fat 6.2g

Saturated Fat 1.6g

Trans Fat 0g

Cholesterol 211mg

Sodium 379mg

Carbohydrate 9g

Dietary Fiber 1.7g

Sugars 3.9g

Protein 14.8g

Vitamin A 11% Vitamin C 9%

Calcium 6% Iron 6%