

Nutritious & Delicious Sandwich Recipes



Roast Chicken Salad on Wholemeal

Ingredients (serves 1)

2 Thick Slices of wholemeal bread
100g roast chicken breast, skinless, sliced
20g Mayonnaise, reduced calorie
1 small plum tomato
4 slices of cucumber
20g cos lettuce, washed, drained & dried

Method

8. Butter both slices of the bread with the mayonnaise
9. Layer the chicken, tomato, cucumber and lettuce
10. Close with the remaining slice

Key Nutrients

Portion	338g	100g	
Calories	466 (kcal)	138 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	12.3g	3.6g	Med
Saturates	2.4g	0.7g	Low
Sugars	6.4g	1.9g	Low
Salt	2.0g	0.6g	Med
Protein	41.6g	12.3g	-

Allergen Info: Wheat, Eggs, Mustard