

## Nutritious & Delicious Sandwich Recipes



### Sliced Egg Sandwich

#### Ingredients (Makes 1)

2 x thick slices malted wheatgrain bread  
70g / 1 large egg (cooked & sliced)  
24g / 4 slices cucumber  
20g iceberg lettuce  
10g light mayonnaise  
6g low fat spread  
Sea salt and freshly milled black pepper

#### Method

1. Spread low fat spread onto one side of each bread slice.
2. Evenly place the egg slices over the base slice of bread, then lay the cucumber slices on top.
3. Season with salt and pepper, then place the iceberg lettuce on top of the cucumber.
4. Spread the mayonnaise over the low-fat spread on the remaining piece of bread. Place the top bread slice over the iceberg.
5. Push together, cut and serve.

#### Key Nutrients

Portion	<b>239g</b>	<b>100g</b>	
Calories	<b>394 (kcal)</b>	<b>165 (kcal)</b>	
Nutrients	Per Serving	Per Serving	
Fat	15.1g	6.3g	Med
Saturates	3.5g	1.5g	Low
Sugars	4.1g	1.7g	Low
Salt	2.0g	0.9g	Med
Protein	19.8g	8.3g	–

**Allergen Info: Wheat, Barley, Rye, Oats, Eggs, Mustard**