

Nutritious & Delicious Sandwich Recipes



Turkey, Spinach and Avocado Club Sandwich

Ingredients (serves 1)

2 thin slices cooked turkey, without skin
3 thin slices wholemeal bread
a little low fat mayonnaise and mustard
20g of baby spinach leaves, washed
1 plum tomato, sliced
½ avocado, sliced

Method

6. Mix the mayonnaise and mustard together and use this to butter the bread.
7. Layer up each slice with the rest of the ingredients.

Key Nutrients

Portion	344g	100g	
Calories	482 (kcal)	140 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	15.7g	4.6g	Med
Saturates	3.0g	0.9g	Low
Sugars	9.5g	2.8g	Low
Salt	2.3g	0.7g	Med
Protein	37.2g	3.1g	-

Allergen Info: Wheat, Eggs, Mustard