



## CLASSIC SANDWICH

 5 minutos

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 1 porción

## INGREDIENTES

- 2 slices of whole wheat bread [50g]
- 1 teaspoon of mayonnaise [5g] o 2 tablespoons of cottage cheese or ricotta [32g]
- 2 slices of ham [42g]
- 1 slice of red onion [approximately 116g]
- 1 cup of lettuce [47g]
- 1 medium-sized tomato [75g]

## MÉTODO DE PREPARACIÓN

- 1º Chop the vegetables very finely and mix them with the mayonnaise. Add the other ingredients to the sandwich and toast it if you have a sandwich toaster.

## INFORMACIÓN NUTRICIONAL

|                   | POR 100 g | POR PORCIÓN [343 g] | % DDR |
|-------------------|-----------|---------------------|-------|
| ENERGÍA           | 82 kcal   | 282 kcal            | 14 %  |
| GRASA             | 2 g       | 7 g                 | 10 %  |
| GRASAS SATURADAS  | 0 g       | 0 g                 | 2 %   |
| COLESTEROL        | 9 mg      | 31 mg               | 10 %  |
| SODIO             | 234 mg    | 802 mg              | 33 %  |
| H. CARBONO        | 11 g      | 39 g                | 13 %  |
| AZÚCARES          | 1 g       | 2 g                 | —     |
| FIBRA ALIMENTARIA | 2 g       | 5 g                 | 21 %  |
| PROTEÍNA          | 5 g       | 17 g                | —     |