



## 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	—