

**HAM BRUSCHETTA**

2 portions

INGREDIENTS

- 300 grams of ham, sliced, deli meat
- 2 whole medium tomatoes, diced [246 g]
- 1/3 red onions, diced [45 g]
- 1/4 cup of mint leaves, chopped [4 g]
- 100 grams of cheese, feta
- 2 tsp lemon juice, raw [6 g]
- 2 tsps of extra virgin olive oil, [9 g]
- 2 medium slices of bread, french or vienna, [includes sourdough] [118 g]

COOKING METHOD

- 1° Add the tomato, mint, baby spinach leaves, feta, and onion in a bowl. Drizzle the olive oil and lemon juice over the tomato mixture and combine together
- 2° Toast the bread slices and place on a chopping board. Evenly add the sliced ham over each toast
- 3° Pour the bruschetta mix over the top. Serve

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (414 g)	% DRI
ENERGY	134 kcal	553 kcal	28 %
FAT	6 g	23 g	35 %
FATTY ACIDS, TOTAL SATURATED	2 g	9 g	47 %
CHOLESTEROL	26 mg	106 mg	35 %
SODIUM	585 mg	2420 mg	101 %
CARBOHYDRATE	11 g	47 g	16 %
SUGARS	2 g	6 g	—
FIBER	1 g	4 g	15 %
PROTEIN	10 g	41 g	—