

Sandwich Recipe



Easy Egg Sandwich

- Sandwich ingredients:
- 2 slices of wholemeal bread
- 2 teaspoons of low fat butter
- 1 boiled egg
- 1 chopped spring onion (bulb only)
- 1 teaspoon of low fat mayonnaise

Lunchbox extras:

200ml milk, 1 banana

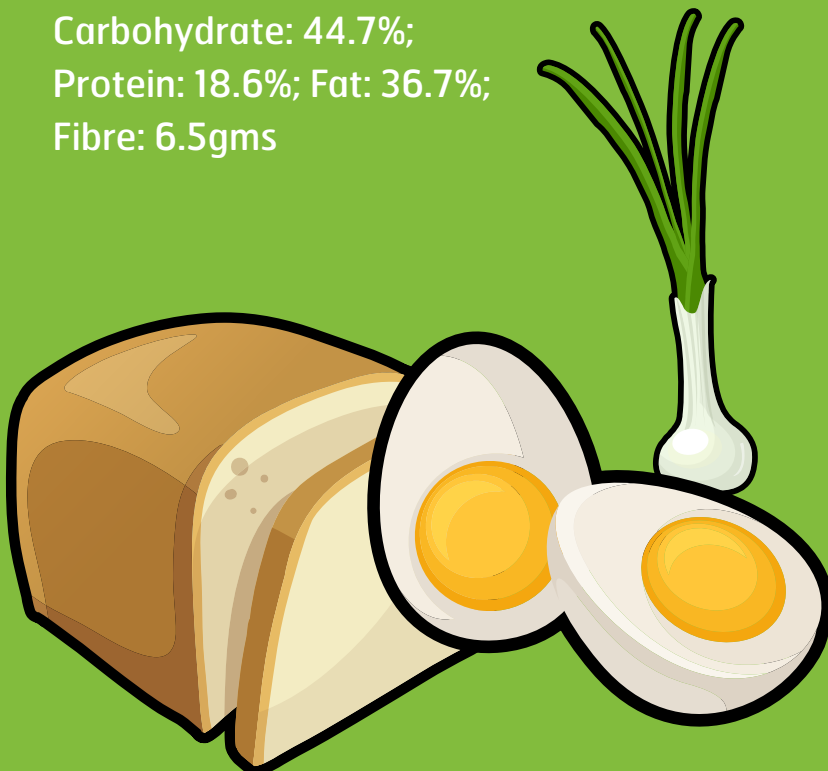
Energy content:

500kcal;

Carbohydrate: 44.7%;

Protein: 18.6%; Fat: 36.7%;

Fibre: 6.5gms



This lunch provides you with all of your requirement of Vitamin B12 which is needed for red blood cells.

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