

Sandwich Recipe



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Irish Food Board

Sweet Chilli Chicken with Yellow Peppers Sandwich

- Sandwich ingredients:
- 2 slices brown and white bread
- 2 teaspoons of low fat butter
- 2 slices chicken
- 2 teaspoons of sweet chilli sauce
- 2 rings chopped yellow pepper

Lunchbox extras:

1 large fromais frais plus 2 small handfuls of strawberries, 1 bottle of water

Energy content:

475kcal; Carbohydrate: 55% ;
Protein 23% ; Fat: 21% ;
Fibre: 9gms

This lunch is
high in Vitamin C
which helps protect
you against
infection.

