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Grinder Multigrain Sandwich (12")

A delicious and hearty multigrain sandwich made with fresh ingredients and packed with flavor. Perfect for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 350 grams

Number of Servings: 2

Serving Size: 175 g

Ingredients

4 slices	multigrain bread
4 tbsp	mayonnaise
2 tbsp	mustard
4 leaves	lettuce
4 slices	Tomato
8 slices	cucumber

4 slices	red onion
1 slices	Avocado
1	Salt
teaspoon	
1	Pepper
teaspoon	

Directions

Step 1

Spread mayonnaise on one side of each bread slice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spread mustard on the other side of each bread slice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Layer lettuce, tomato, cucumber, red onion, and avocado slices on one bread slice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Season with salt and pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Cover with the other bread slice, mayonnaise side down.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Cutting

Cut the sandwich in half and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 320 kcal

Fat: 12 g

Protein: 8 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	8 g	21.05%	32%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	6 mg	54.55%	75%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas Easter Thanksgiving Barbecue

Meal Type

Lunch Dinner Snack Supper

Course

Salads Snacks

Cultural

Chinese New Year Diwali

Cost

Under \$10

Demographics

Kids Friendly Teen Friendly Allergy Friendly

Diet

Mediterranean Diet Nordic Diet Vegetarian Diet

Cooking Method

Steaming Simmering Cooking

Difficulty Level

Easy

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