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## Veggie and Hummus Sandwich ♦

A delicious vegetarian sandwich filled with fresh vegetables and creamy hummus. Perfect for a quick and healthy lunch.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

**4 slices** whole wheat bread

**4 tbsp** Hummus

**8 slices** cucumber

**4 slices** Tomato

**4 slices** red onion

**4**  
**leaves** lettuce

**1 pinch** Salt

**1 pinch** Black pepper

## Directions

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### Step 1

Spread hummus on one side of each bread slice.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Season with salt and black pepper.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Top with another slice of bread.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

Repeat for the second sandwich.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 5 g

**Protein:** 10 g

**Carbohydrates:** 40 g

## Nutrition Facts

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**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
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	300 mg	13.04%	13.04%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	350 mg	10.29%	13.46%
Zinc	6 mg	54.55%	75%
Selenium	8 mcg	14.55%	14.55%

## Recipe Attributes

### Seasonality

Spring

Summer

### Events

Picnic

## Course

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Easter

## Demographics

Teen Friendly

## Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

The F-Plan Diet

The Master Cleanse Diet

The SlimFast Diet

The 3-Day Diet

The Optavia Diet

## Meal Type

Lunch

Supper

## Difficulty Level

Medium

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