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Cottage Cheese and Hummus Sandwich ♦♦

A delicious and healthy sandwich made with cottage cheese and hummus. This sandwich is perfect for vegans and vegetarians.

Recipe Type: Vegan

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

100 g Cottage cheese

100 g hummus

4 slices bread

2 slices Tomato

4 slices cucumber

4 lettuce
leaves

Directions

Step 1

Spread hummus on one side of each bread slice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Place cottage cheese, tomato slices, cucumber slices, and lettuce leaves on one bread slice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cover with another bread slice and press gently.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Cutting

Cut the sandwich in half and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 5 g

Protein: 15 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	25 g	45.45%	50%
Fibers	4 g	10.53%	16%
Sugars	3 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	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	6 mg	54.55%	75%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Seasonality

Spring Summer

Meal Type

Lunch Brunch Supper

Course

Salads Snacks Sauces & Dressings

Diet

Vegetarian Diet Vegan Diet Pescatarian Diet Ovo-Vegetarian Diet
Lacto-Ovo Vegetarian Diet The F-Plan Diet The Israeli Army Diet The Air Diet
The Breatharian Diet The Master Cleanse Diet The Shangri-La Diet
The Best Life Diet The 3-Day Diet The Peanut Butter Diet

Difficulty Level

Medium

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