



Cheese and Veggie Sandwiches

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

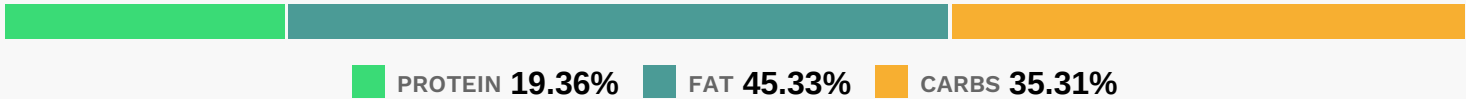
- ☐ 4 portugese rolls
- ☐ 0.5 cup water (from 7-ounce container)
- ☐ 4 ounce cheddar cheese
- ☐ 4 ounce swiss cheese
- ☐ 1 medium cucumber cut into 16 slices
- ☐ 1 medium tomatoes cut into 4 slices
- ☐ 4 slices onion red thin

Equipment

Directions

- ☐ Cut buns horizontally in half.
- ☐ Spread hummus over bottom of each bun.
- ☐ Fill buns with cheeses, cucumber, tomato and onion.

Nutrition Facts



Properties

Glycemic Index:57.63, Glycemic Load:24.57, Inflammation Score:-6, Nutrition Score:15.833043383515%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 468.53kcal (23.43%), Fat: 23.74g (36.52%), Saturated Fat: 11.07g (69.16%), Carbohydrates: 41.6g (13.87%), Net Carbohydrates: 37.73g (13.72%), Sugar: 6.52g (7.24%), Cholesterol: 54.71mg (18.24%), Sodium: 650.02mg (28.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.61%), Iron: 11.71mg (65.03%), Calcium: 484.15mg (48.41%), Phosphorus: 368.68mg (36.87%), Selenium: 17.48µg (24.97%), Zinc: 3mg (20.02%), Vitamin B12: 1.16µg (19.28%), Manganese: 0.33mg (16.59%), Vitamin A: 821.2IU (16.42%), Fiber: 3.87g (15.48%), Vitamin B2: 0.25mg (14.87%), Magnesium: 49.65mg (12.41%), Copper: 0.24mg (12.2%), Folate: 48.33µg (12.08%), Vitamin B6: 0.17mg (8.4%), Vitamin C: 6.86mg (8.31%), Potassium: 273.72mg (7.82%), Vitamin K: 7.18µg (6.84%), Vitamin B1: 0.1mg (6.67%), Vitamin B5: 0.44mg (4.44%), Vitamin E: 0.57mg (3.78%), Vitamin B3: 0.43mg (2.14%), Vitamin D: 0.17µg (1.13%)