



Hummus-Veggie Sandwich on Whole Grain



Vegetarian



Vegan



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup alfalfa sprouts



0.5 cup baby arugula



0.8 cup water



1 tablespoon juice of lemon fresh



8 slices grain bread whole



1 tablespoon roasted garlic-flavored olive oil



4 radishes thinly sliced



4 servings salt and cracked pepper to taste

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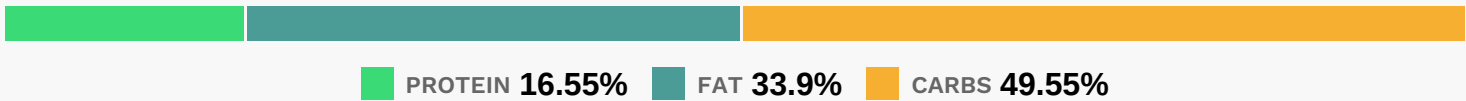
1 bell pepper red yellow sliced

Equipment

Directions

- ☐ Spread bread slices evenly on 1 side with hummus. On 4 slices, layer bell pepper and arugula. On 4 remaining slices, layer radishes and sprouts. Stir together olive oil and lemon juice; drizzle over vegetables. Season with salt and pepper to taste.
- ☐ Combine sandwich halves.

Nutrition Facts



Properties

Glycemic Index:47.3, Glycemic Load:15.79, Inflammation Score:-8, Nutrition Score:18.148260966591%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 260.2kcal (13.01%), Fat: 10.05g (15.47%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 33.06g (11.02%), Net Carbohydrates: 26.15g (9.51%), Sugar: 3.94g (4.38%), Cholesterol: 0mg (0%), Sodium: 624.3mg (27.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.04g (22.08%), Manganese: 1.6mg (80.12%), Vitamin C: 40.72mg (49.36%), Fiber: 6.92g (27.68%), Selenium: 15.73µg (22.47%), Vitamin B1: 0.32mg (21.51%), Phosphorus: 211.96mg (21.2%), Magnesium: 81.99mg (20.5%), Vitamin A: 1011.08IU (20.22%), Folate: 80.65µg (20.16%), Copper: 0.38mg (19.18%), Iron: 2.79mg (15.49%), Vitamin B3: 3.07mg (15.37%), Vitamin B6: 0.31mg (15.36%), Zinc: 1.95mg (13.03%), Calcium: 117.15mg (11.72%), Vitamin K: 11.55µg (11%), Potassium: 332.59mg (9.5%), Vitamin B2: 0.16mg (9.15%), Vitamin E: 1.29mg (8.62%), Vitamin B5: 0.58mg (5.77%)