



## Lamb Sandwiches with Green Pea Spread and Herbed Mayo

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 ounce bread baguette french cut in half lengthwise
- ☐ 0.3 cup pea spread green
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 9 ounces simple roasted leg of lamb sliced
- ☐ 0.5 cup radishes thinly sliced

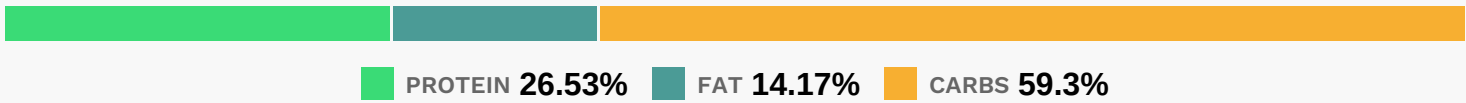
## Equipment

- ☐ baking paper
- ☐ whisk
- ☐ aluminum foil

## Directions

- ☐ Combine mayonnaise, basil, and chives, stirring with a whisk; spread mayonnaise mixture over top half of baguette.
- ☐ Spread 1/4 cup Green Pea
- ☐ Spread over bottom half of baguette, and top with Simple Roasted Leg of Lamb, radishes, and top half of baguette.
- ☐ Cut crosswise into 4 pieces. Wrap sandwiches in foil or parchment paper; chill.
- ☐ Spread.

## Nutrition Facts



## Properties

Glycemic Index:67.13, Glycemic Load:23.42, Inflammation Score:-5, Nutrition Score:13.227391274079%

## Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 233.26kcal (11.66%), Fat: 3.66g (5.64%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 31.98g (11.63%), Sugar: 4.76g (5.29%), Cholesterol: 27.02mg (9.01%), Sodium: 486.18mg (21.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.42g (30.85%), Selenium: 26.08µg (37.25%), Vitamin B1: 0.48mg (32.25%), Folate: 107.22µg (26.81%), Vitamin B3: 5.35mg (26.73%), Vitamin B2: 0.36mg (21.1%), Manganese: 0.39mg (19.4%), Iron: 3.34mg (18.56%), Vitamin B12: 1.09µg (18.08%), Phosphorus: 158.91mg (15.89%), Zinc: 2.34mg (15.57%), Vitamin K: 11.68µg (11.12%), Fiber: 2.51g (10.02%), Magnesium: 37.7mg (9.43%), Copper: 0.18mg (9.1%),

Vitamin B6: 0.15mg (7.68%), Potassium: 260.61mg (7.45%), Vitamin B5: 0.55mg (5.54%), Calcium: 42.12mg (4.21%),  
Vitamin C: 3.24mg (3.93%), Vitamin A: 120.67IU (2.41%), Vitamin E: 0.25mg (1.7%)