



HEALTH SCORE

68%

Not-Your-Grandma's Sandwich Loaf



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 portugese rolls



1 cup black bean garlic sauce



10 oz pinenuts white with roasted pine nuts and herbs

Equipment



offset spatula

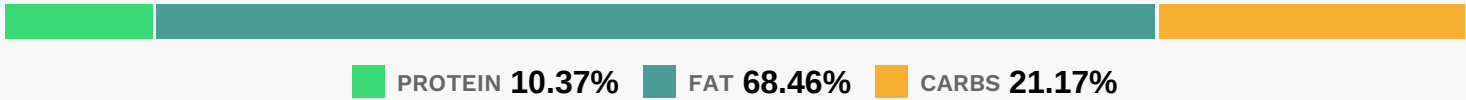


butter knife

Directions

- ☐ Cut rolls in half horizontally.
- ☐ Spread 1/2 cup salad on bottom half of 1 roll. Top with remaining bottom half of second roll.
- ☐ Spread with remaining 1/2 cup salad. Cover with 1 top of roll. (Save remaining top half for another use.)
- ☐ Using butter knife or icing spatula, spread hummus on top and sides of loaf.
- ☐ Garnish with nuts from hummus.
- ☐ To serve, cut into 4 slices.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:11.48, Inflammation Score:-7, Nutrition Score:21.580000173786%

Nutrients (% of daily need)

Calories: 639.65kcal (31.98%), Fat: 51.27g (78.88%), Saturated Fat: 3.47g (21.71%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 29.15g (10.6%), Sugar: 11.47g (12.74%), Cholesterol: 0mg (0%), Sodium: 149.45mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.48g (34.95%), Manganese: 6.24mg (311.92%), Iron: 10.46mg (58.13%), Copper: 0.94mg (46.78%), Magnesium: 177.89mg (44.47%), Vitamin E: 6.61mg (44.08%), Phosphorus: 407.52mg (40.75%), Vitamin K: 38.2µg (36.38%), Zinc: 4.57mg (30.48%), Fiber: 6.53g (26.13%), Vitamin B1: 0.26mg (17.2%), Vitamin B3: 3.11mg (15.56%), Potassium: 423.12mg (12.09%), Vitamin B2: 0.16mg (9.46%), Folate: 24.1µg (6.02%), Vitamin B6: 0.07mg (3.33%), Vitamin B5: 0.22mg (2.22%), Calcium: 14.53mg (1.45%)