



## Toasted Potato & Beet Sandwich



Vegetarian



Dairy Free

READY IN



12 min.

SERVINGS



1

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 baby beets halved
- ☐ 1 tsp optional: dill dried
- ☐ 1 tbsp mayonnaise
- ☐ 1 serving grinding of pepper black good
- ☐ 1 potatoes leftover cooked
- ☐ 1 pinch salt
- ☐ 2 spring onion sliced
- ☐ 2 tsp sweetcorn

☐ 2 slices wholemeal bread

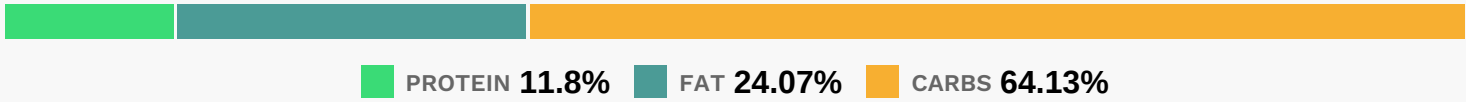
## Equipment

☐ bowl

## Directions

- ☐ Cut the potato into cubes and place in a bowl alongside the spring onions, mayonnaise and dill. Season with salt and pepper and mix until well combined.
- ☐ If you have a toastie machine, toast one side of the bread, turn it over and top the toasted side with the potato mixture, baby beets and sweetcorn, replace the lid, toasted side down, then pop back in the machine until crispy and golden.
- ☐ If you don't have a toastie machine, warm the potatoes before adding them to the other ingredients and place between hot toast to make a sandwich.
- ☐ Half and serve while hot.
- ☐ Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:386.95, Glycemic Load:48.47, Inflammation Score:-8, Nutrition Score:30.654782853697%

## Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

## Nutrients (% of daily need)

Calories: 472.9kcal (23.65%), Fat: 12.95g (19.93%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 77.64g (25.88%), Net Carbohydrates: 65.12g (23.68%), Sugar: 13.53g (15.04%), Cholesterol: 5.8mg (1.93%), Sodium: 493.15mg (21.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.29g (28.58%), Manganese: 2.03mg (101.72%), Vitamin K: 81.04µg (77.18%), Vitamin C: 53.54mg (64.9%), Folate: 210µg (52.5%), Fiber: 12.51g (50.05%), Potassium: 1561.39mg (44.61%), Vitamin B6: 0.88mg (43.93%), Magnesium: 132.58mg (33.15%), Phosphorus: 314.29mg (31.43%), Vitamin B1: 0.46mg (30.37%), Iron: 5.01mg (27.81%), Vitamin B3: 5.46mg (27.29%), Copper: 0.48mg (24.12%), Selenium: 16.43µg (23.48%), Calcium: 173.51mg (17.35%), Zinc: 2.24mg (14.96%), Vitamin B2: 0.24mg

(14.16%), Vitamin B5: 1.33mg (13.26%), Vitamin A: 379.75IU (7.6%), Vitamin E: 0.97mg (6.45%)