



Red Salmon, Almond & Spinach Sandwich

This sandwich is a tasty combination of textures: Delicate salmon and creamy mayonnaise meets the crunch of almonds and spinach leaves, sandwiched between two slices of grainy Bürgen® Soy-Lin® Bread. Delicious!

Ingredients:

2 slices Bürgen® Soy-Lin® Bread
1 small can red salmon, drained
½ tbsp low fat mayonnaise
Slivered almonds
Baby spinach leaves

Preparation:

Preparation time: 5 minutes; Serves 1

1. Mix drained red salmon with mayonnaise and almonds until well combined.
2. On 1 slice of bread top with salmon mixture and spinach leaves, cover with remaining slice. Serve immediately.

- + With 200% RDI* for Folate
- + With 30% RDI* for Iron
- + With 14% RDI* for Zinc
- + With 31% RDI* for Calcium

All nutrients that are important for women's wellbeing!

* Recommended Dietary Intake

Average Nutritional Information per serve	
Energy	1724 kJ
Protein	31.4 g
Fat	17.9 g
Saturated Fat	3.7 g
Omega 3	0.2 g
Carbohydrate	28.6 g
Sugars	4.6 g
Fibre	5.2 g
Sodium	466 mg
Folate	400 µg
Iron	3.6 mg
Zinc	1.7 mg
Calcium	251 mg