

Turkey and Cranberry sandwich



Combining delicate ingredients like shaved turkey, cranberry jelly, cucumber, rocket, tomato and alfalfa sprouts, this substantial sandwich tastes delicious and is low in saturated fat.

Ingredients:

- 2 slices Bürgen® Grains with Barley Bread
- 25g Don® Shaved Turkey
- 1 tbsp cranberry jelly
- Sliced cucumber
- Rocket leaves
- Sliced Tomato
- Alfalfa sprouts

Preparation:

Preparation time: 5 minutes; Serves 1.

1. Spread cranberry jelly over 1 slice of bread, top with turkey, cucumber, rocket, tomato and alfalfa sprouts. Place other slice of bread on top, cut in half and serve immediately.

Australian Dietary Guidelines recommend we limit **saturated fat** and moderate total fat intake in our diets. This recipe is low in saturated fat, containing only 6% of your Daily Intake for total fat and 3% of your Daily Intake for saturated fat.*

*% Daily Intake is based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

Average Nutritional Information per serve

Energy	1003 kJ
Protein	13.1 g
Fat	3.9 g
Saturated Fat	0.7 g
Carbohydrate	35.0 g
Sugars	8.5 g
Fibre	4.7 g
Sodium	571 mg