



Protein Power House Sandwich

Protein is a nutrient that's essential in our daily diet in order to maintain health and wellbeing, so if you want to be kind to your body and boost your protein intake, this protein packed recipe is a delicious way to do the trick!

Ingredients:

2 slices Bürgen® Wholemeal & Seed Bread
 1 small tin of tuna in spring water, drained
 ½ tbsp mayonnaise
 Seed & Nut Mix (e.g. pumpkin seeds, sunflower seeds, pine nuts)
 Parsley
 Grated carrot
 Sliced tomato
 Mixed lettuce leaves

Preparation:

Preparation time: 5 minutes; Serves 1.

1. Spread 1 slice of bread with mayonnaise. Top with carrot, tomatoes and lettuce.
2. Add tuna, parsley and sprinkle with seed & nut mix, top with the remaining bread slice.

+ Foods that are high in protein and fibre help keep you fuller for longer. This recipe contains 71% of your Daily Intake for protein and 27% of your Daily Intake for fibre.*
 *% 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	1469 kJ
Protein	35.6 g
Fat	11.6 g
- Saturated Fat	1.8 g
- Trans Fat	Less than 0.1 g
- Monounsaturated Fat	3.5 g
- Polyunsaturated Fat	6.1 g
Carbohydrate	21.3 g
Sugars	4.8 g
Fibre	8.2 g
Sodium	497 mg