Rainbow Hummus Sandwich

Source: Vegan Kickstart

This sandwich makes for a delicious and easy-to-prepare lunch!

About the Recipe

266 Calories · 12.4 g Protein · 8 g Fiber
Lunch
Nut-free

Eating all of the colors of the nutrition rainbow will provide you with an abundance of antioxidants and other protective compounds.

Ingredients

Makes 1 Servings

- 2 slices whole-wheat bread
- 2 tbsp (34 g) low-fat hummus
- 1/4 c (45 g) tomatoes, sliced
- 1/4 c (38 g) orange bell peppers sliced
- 1/4 c (38 g) yellow bell pepper, sliced
- 1/4 c (26 g) cucumber, sliced
- 1/4 c (18 g) red cabbage, shredded

Directions

1. Toast slices of whole-wheat bread. Spread hummus on both slices.
2. Pile vegetables on top of bread and close sandwich. Feel free to substitute with vegetables of your choice.

Nutrition Facts

Per sandwich:

Calories: 266

Fat: 5.4 g

- Saturated Fat: 0.89 g
- Calories From Fat: 17.7%

Cholesterol: 0 mg

Protein: 12.4 g

Carbohydrate: 43.5 g

Sugar: 8.6 g

Fiber: 8 g

Sodium: 468 mg

Calcium: 164 mg

Iron: 2.9 mg

Vitamin C: 88.9 mg

Beta-Carotene: 739 mcg

Vitamin E: 2.7 mg