

Hummus Veggie Sandwich

Ingredients:

- 2 slices 100% whole wheat bread
- 1 ¼ ounce garlic hummus
- Sliced tomato
- Romaine lettuce
- Sliced cucumber
- Sliced bell pepper



Nutrition Facts	
Serving Size 1 sandwich (202g)	
Servings Per Container 1	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 35g	12%
Dietary Fiber 7g	28%
Sugars 6g	
Protein 11g	
Vitamin A 20%	• Vitamin C 45%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Directions:

1. Spread hummus on both sides of the bread.
2. On one slice of bread, top with veggies. Cover with second slice of bread. Slice sandwich diagonal and serve.

For more recipe information contact the Living Whole Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.