

Low FODMAP Ham, Cheese & Spinach Toasted Sandwiches

Serves: 2

Prep: 5 minutes

Cook: 5 minutes



Ingredients	Metric	Imperial
4 slices sourdough spelt bread		
1 tbsp butter	20 g	0.7 oz
1 tsp Dijon mustard	5 g	0.2 oz
2 slices hard cheese	40 g	1.4 oz
2 slices leg ham	20 g	0.7 oz
½ cup baby spinach	20 g	0.7 oz

Method

1. Preheat a sandwich maker
2. Spread 4 slices of bread with butter
3. Turn over 2 slices of bread and spread with mustard. Top with cheese, ham and spinach. Sandwich together with the remaining 2 slices of bread. Buttered sides should face out.
4. Place sandwiches in the sandwich maker and cook for 2-3 minutes, or until bread is golden brown and cheese is melted.

Hints

For extra flavour, add a few slices of gherkin (pickles) to your sandwich!

Nutrition Information (per serve)	
Energy	1628 Kj / 389 cal
Protein	18.80g
Carbohydrates	28.20g
Sugar	1.80g
Total Fat	21.70g
Saturated Fat	11.20g
Fibre	2.30g