



# SANDWICH SUSHI

**PREP TIME:** 10 minutes

**SERVING SIZE:** 4 rolls

**COOK TIME:** 0 minutes

**SERVES:** 1

## INGREDIENTS

- 1 slice of whole wheat bread
- 1 tbsp of hummus
- ¼ cup grated carrot
- 1 slice of avocado
- ½ string cheese
- 1 slice of turkey

## PREPARATION

1. Flatten bread with a rolling pin (or with your hands)
2. Spread the hummus over the bread
3. Lay the turkey slice over the bread and hummus
4. Close to one edge, lay the carrot, avocado, and the cheese.  
Do not overfill
5. Roll tightly
6. Cut into even 4 pieces

## SOURCE (OR ADAPTED FROM)

<https://mypoppet.com.au/living/kids-cooking-sushi-sandwiches/>

Recipe modified by CHOICES Nutrition Education Program

Need meal ideas? Visit our recipe database!

[www.centraltexasfoodbank.org/recipes](http://www.centraltexasfoodbank.org/recipes)



## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(143g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 500mg	<b>22%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	<b>0%</b>
Calcium 141mg	<b>10%</b>
Iron 2mg	<b>10%</b>
Potassium 435mg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 9/17  
This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP.



# SANDWICH DE SUSHI

**TIEMPO DE PREPARACIÓN:** 10 minutos

**TAMAÑO DE PORCIÓN:** 4 rolls

**TIEMPO PARA COCINAR:** 0 minutos

**PORCIONES:** 1

## INGREDIENTES

- 1 rebanada de pan integral
- 1 cucharada de hummus
- 1/4 taza de zanahoria rallada
- 1 rebanada de aguacate
- 1/2 hilo de queso
- 1 rebanada de pavo

## PREPARACIÓN

1. Aplana el pan con un rodillo (o con las manos)
2. Extiende el hummus sobre el pan
3. Coloque la rebanada de pavo sobre el pan y el hummus
4. Cerca de un borde, coloque la zanahoria, el aguacate y el queso. No llene en exceso
5. Enrolla fuertemente
6. Cortar incluso en 4 trozos

## FUENTE (O ADAPTADA DE)

<https://mypoppet.com.au/living/kids-cooking-sushi-sandwiches/>

Receta modificada por CHOICES Programa Educativo de Nutrición

¿Necesita ideas para platillos? ¡Visite nuestro catálogo de recetas!

[www.centraltexasfoodbank.org/recipes](http://www.centraltexasfoodbank.org/recipes)



## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(143g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 500mg	<b>22%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	<b>0%</b>
Calcium 141mg	<b>10%</b>
Iron 2mg	<b>10%</b>
Potassium 435mg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Esta institución ofrece igualdad de oportunidades. Rev 9/17

Este material fue financiado en parte por el programa del USDA – SNAP en inglés