

Makes 1 sandwich (4 quarters) or 1 wrap

Ingredients

- 2 slices wholegrain or wholemeal bread
- 1 x 125g can baked beans, salt reduced
- 1 teaspoon canola margarine
- Sprinkling reduced fat grated cheese (optional)



Method

1. Lightly spread one side of each slice of bread with margarine.
2. Place two tablespoons of baked beans on the other side of the bread. Cover with the other slice of bread, with the margarine side facing the outside.
3. Place in a pre-heated sandwich maker.
4. Allow to cool slightly before serving.

NUTRITION INFORMATION		
Servings per recipe: 1		
Average serving size: 190g		
	Per serve	Per 100g
Kilojoules (kJ)	1186	624
Protein (g)	11.5	6.1
Total fat (g)	5.6	2.9
- Saturated fat (g)	1.0	0.5
Carbohydrates (g)	37.9	20.0
- Sugars (g)	6.1	3.2
Fibre (g)	10.3	5.4
Sodium (mg)	571	301

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.