

Indian Toastie Sandwich

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-woman-bean-recipe>

Ingredients:

- 2 slices white sandwich bread
- salted butter smear of
- 1/4 cup mung beans sprouted
- 2 slices tomato ripe
- 1 teaspoon chutney coriander, can be found at any Indian or Middle Eastern grocery
- 2 ounces Monterey Jack thinly sliced

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 15 milligrams
4. Fat: 4.5 grams
5. Protein: 5 grams
6. SaturatedFat: 3 grams
7. Sodium: 180 milligrams
8. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Indian Toastie Sandwich above. You can see more 19 indian woman bean recipe Unlock flavor sensations! to get more great cooking ideas.