DietCloud – Recipe

Recipe Name: Homemade Healthy Subway Sandwich Recipe With Beet & Sprout

Diet Type: Vegetarian

Course: Dinner

Cuisine: Fusion

Quantity:



Ingredients

Ingredient	Quantity
	4

Preparation

• To begin making Subway Sandwich Recipe With Roasted Beetroot, we will first cook the beets.

• Heat a teaspoon of oil in a wok; add the grated beets and garlic, sprinkle some salt and stir fry on low to medium heat until the beets are softened and cooked.

• Once.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	35	60	20	8	10