

Recipe Name: Spinach And Corn Sandwich Recipe
Flavored With Sandwich Spread

Diet Type:

Course: World Breakfast

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 4 Whole Wheat Brown Bread	2
• 2 cups Spinach Leaves (Palak) - blanched	
• 1/4 cup Sweet corn - steamed	
• 4 tablespoons Del Monte Sandwich Spread	
• 2 tablespoons Butter	

Preparation

- To begin making the Spinach And Corn Sandwich Recipe Flavored With Sandwich Spread recipe, wash and add the spinach in a saucepan with some water.
- Cook for 2 minutes and then switch off the stove.
- Collect th.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	15	4	8