

Fairy sandwiches (low fat cream cheese, shaved ham & cucumbers on white bread cut into ribbons)

1043kJ, 7g fat

Nutrients	Amount per serve
Energy	1043.30kJ
Protein	15.94g
Total fat	6.77g
- saturated fat	3.07g
- polyunsaturated fat	0.87g
- monounsaturated fat	2.04g
Cholesterol	35.42mg
Carbohydrate	29.86g
Sugars	2.66g
Starch	27.20g
Fibre	2.01g
Thiamin	0.45mg
Riboflavin	0.16mg
Niacin	2.75mg
Vitamin C	2.40mg
Folate	25.01µg
Vitamin A equivalents	42.69µg
Sodium	550.22mg
Potassium	304.19mg
Magnesium	32.25mg
Calcium	79.58mg
Phosphorus	225.05mg
Iron	1.57mg
Zinc	1.68mg