



## Bergland Bavarian Swiss vegetable sandwich

### Ingredients

- 6 slices sunflower bread
- 3,5 oz (100 g) cream cheese with herbs (we recommend you Almonta Fine Herbs)
- 4 leaves Lollo bianco lettuce
- 8 slices Bergland Bavarian Swiss Original Mild

### Ingredients for the vegetables topping:

- 1 cucumber
- 1 small tomato
- ¼ green onion
- 1 red onion
- 1 bunch parsley
- 1 teaspoon Balsamic-Cream
- 1 tbsp. sunflower seeds

### Topping preparation:

- Cucumbers peeled seeded and diced
- Tomatoes seeded and diced
- Thinly slice the green onion
- Chop the red onion in small pieces
- Coarsely chop the parsley
- Mix all the ingredients with Balsamic

### Bagel preparation:

- Cucumbers peeled seeded and diced
- Tomatoes seeded and diced
- Thinly slice the green onion
- Chop the red onion in small pieces



- Coarsely chop the parsley
- Mix all the ingredients with Balsamic

Total preparation time: ca. 10 minutes

**Nutrition facts:**

- calories 331 kcal / 1.377 kJ
- total fat 0,74 oz (21 g)
- total carb. 0,46 oz (13 g)
- protein 0,6 oz (17 g)