Dinner

Cheddar and Pickle Lunch Plate

A generous cold platter of cheddar cheese, hard-boiled eggs, pickles and crisp fruit and vegetables, served with low carb bread and a tangy chutney for dipping. Each serving works out at roughly 366 kcal, 17g carbs, 13g sugars, 30g protein and 17.6g fat.



Vegetarian

8 min	366	17 g	10.3 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 100 g cheddar cheese
- [ ] 2 slices, low carb bread (Burgen 85% lower carb)
- [ ] 2 hard-boiled eggs, peeled and halved
- [ ] ½ Lebanese cucumber, sliced
- [ ] ½ cup cherry tomatoes
- [ ] 1 small green apple, sliced (Granny Smith or Bramley)
- [ ] 4 small, whole pickles
- [ ] 1 handful of salad greens
- [ ] 1 tablespoon pickles or tomato chutney

Method

- [ ] **1** Divide the 100g of cheddar cheese, the 2 slices of low carb bread, the 2 peeled and halved hard-boiled eggs, the sliced half Lebanese cucumber, the half cup of cherry tomatoes, the sliced small green apple, the 4 small whole pickles and the handful of salad greens between two plates.
- [ ] **2** Fill small bowls with 1 tablespoon of pickles or tomato chutney and set them beside the plates for dipping.

Nutrition Facts

Per serving

Calories	**366**
Total fat	17.6 g
Saturated fat	6.7 g
Sodium	600 mg
Total carbs	17 g
Fiber	Not listed
Total sugars	10.3 g
Protein	30 g

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