

Mediterranean Lunch Box

Discover this tasty Mediterranean inspired lunch box combination for school or work lunches.

Preparation 5 min

Cooking 0 min

Servings 1



Nutrition Facts (per serving)

Calories 450 kcal

Fat 35 g

Carbohydrates 17 g

Fibre 3 g

Protein 20 g

Sodium 700 mg

Ingredients

- 120 g (1 cup) cucumber, sliced
- 30 g ($\frac{1}{4}$ cup) cashews
- 30 g ($\frac{1}{4}$ cup) kalamata olives
- 30 mL (2 tablespoons) yogurt-based tzatziki
- 8 units (45 g) cherry tomatoes
- 4 units (40 g) cocktail bocconcini
- 1 medium egg, hard-cooked



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