



LOW CARB BREAD SALADS

Six delicious low carb recipes





Bread salad with scampi and fennel

Nutritional values	Per 100 g	Total
Energy	83 kcal/347 kJ	298 kcal/1253 kJ
Fat	2.8 g	10.0 g
Carbohydrates	2.5 g	8.8 g
Protein	10.3 g	37.1 g

super low values 



... SENSATIONALLY LOW CARBOHYDRATES
EXCELLENT NUTRITIONAL VALUES ...





Bread salad with slices of beef

Nutritional values	Per 100 g	Total
Energy	98 kcal/412 kJ	383 kcal/1609 kJ
Fat	3.5 g	13.7 g
Carbohydrates	1.4 g	5.6 g
Protein	13.9 g	54.2 g

super low
values



... SENSATIONALLY LOW CARBOHYDRATES
EXCELLENT NUTRITIONAL VALUES ...

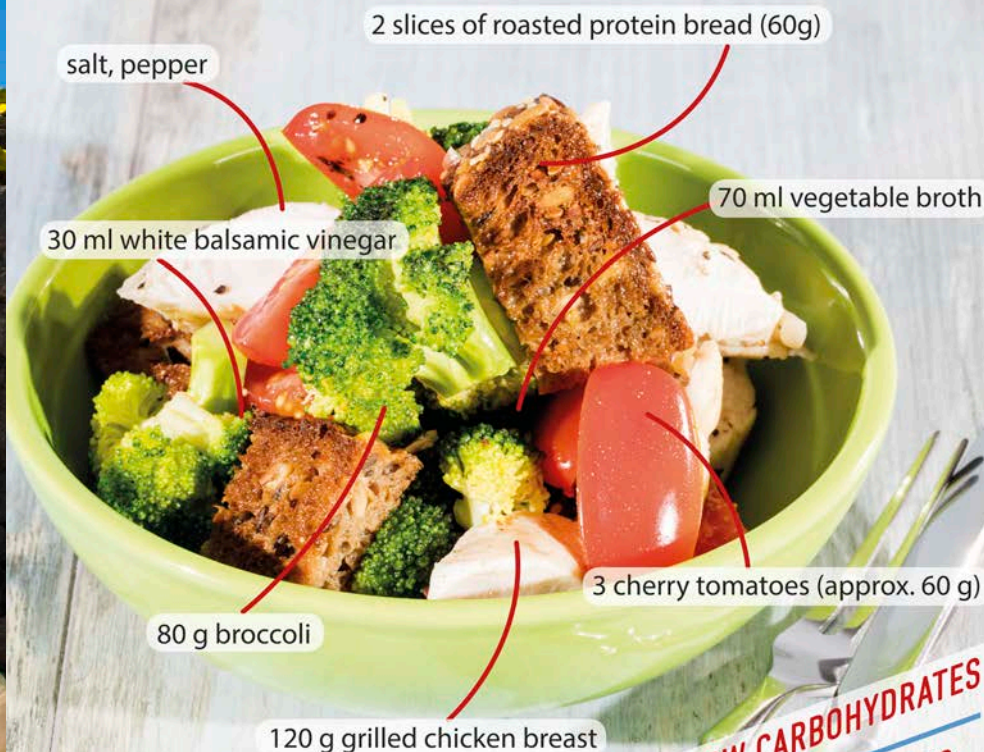




Bread salad with chicken breast

Nutritional values	Per 100 g	Total
Energy	81 kcal/340 kJ	340 kcal/1427 kJ
Fat	2.2 g	9.1 g
Carbohydrates	1.8 g	7.7 g
Protein	12.0 g	50.4 g

super low values 



... SENSATIONALLY LOW CARBOHYDRATES
EXCELLENT NUTRITIONAL VALUES ...





6 quick and easy recipes for bread salads with a sensationally low carbohydrate level between 1.4 % and 3.6 %.

Enjoy our delicious bread salads either as a full meal or as a side dish for a grilled steak or fish. With 26.5 % protein and only 5.9 % carbohydrates, our original protein bread is the ideal ingredient for preparing tasty bread salads.

In this brochure we have collected a selection of easy to prepare recipes for you.

Through the display of the exact nutritional values, we show you how easy a strong reduction of carbohydrates can be in the evening. With an extra portion of taste, without sacrifice.







Bread salad with smoked trout

Nutritional values	Per 100 g	Total
Energy	87 kcal/367 kJ	366 kcal/1540 kJ
Fat	3.5 g	14.5 g
Carbohydrates	2.3 g	9.7 g
Protein	10.4 g	43.

super low values



... SENSATIONALLY LOW CARBOHYDRATES
EXCELLENT NUTRITIONAL VALUES ...





Bread salad with sheep cheese

Nutritional values	Per 100 g	Total
Energy	93 kcal/388 kJ	370 kcal/1552 kJ
Fat	4.4 g	17.5 g
Carbohydrates	2.6 g	10.5 g
Protein	9.2 g	36.7 g

super low
values



2 slices of roasted protein bread (60g)

salt, pepper, chilli

1 red onion (approx. 20 g)

40 g bell pepper in stripes

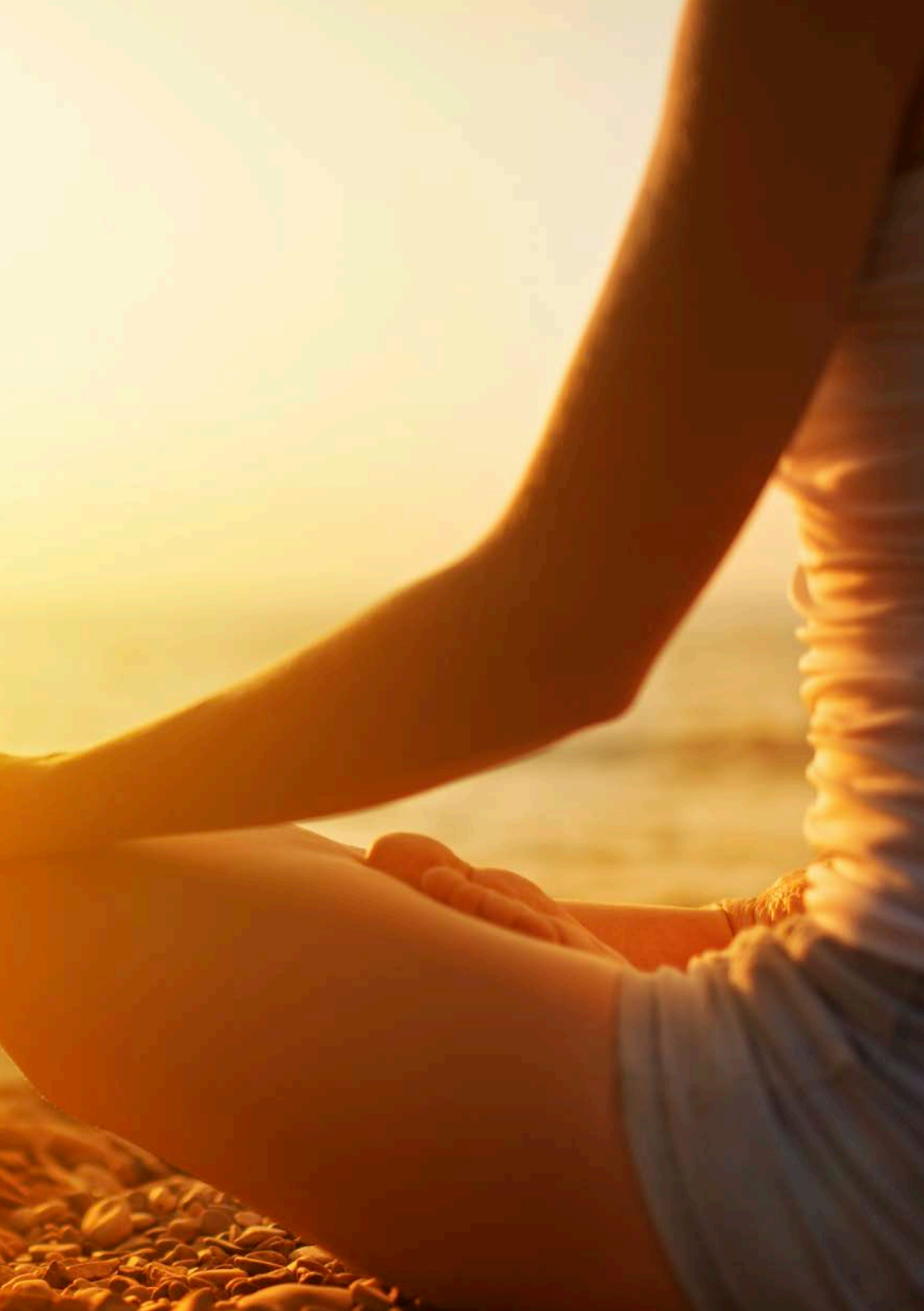
30 ml white balsamic vinegar

100 g sheep cheese light

4 cherry tomatoes (approx. 80 g)

70 ml vegetable broth

... SENSATIONALLY LOW CARBOHYDRATES
EXCELLENT NUTRITIONAL VALUES ...





Bread salad with artichoke hearts

Nutritional values	Per 100 g	Total
Energy	61 kcal/257 kJ	281 kcal/1182 kJ
Fat	1.9 g	8.7 g
Carbohydrates	3.6 g	16.7 g
Protein	4.5 g	20.8 g

super low values 

2 slices of roasted protein bread (60 g)

5 cherry tomatoes (approx. 100 g)

30 ml white balsamic vinegar

1 spring onion (approx. 80 g)

salt, pepper

120 g artichoke hearts

70 ml vegetable broth

... SENSATIONALLY LOW CARBOHYDRATES
EXCELLENT NUTRITIONAL VALUES ...



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