

Tekst 3

- 1p 3 Welk pakje sandwiches komt als **slechtste** uit deze test?
Schrijf het nummer op.

TEST ZONE

This week **Reduced fat sandwiches**

1



Safeway Healthy Choice Grilled Vegetables In A Balsamic Dressing On Tomato Bread £1.60
235 cal, 5.8g fat per sandwich

Lovely pale pink bread studded with chunks of sun-dried tomato. This sandwich had a mouth-watering smell of roasted vegetables, which on eating had a wonderfully smoky roasted flavour as if they had been cooked on a barbecue. Absolutely delicious!

2



Somerfield Good Intentions Turkey, Tomato And Lettuce £1.49

275 cal, 5.5g fat per sandwich

A very elegant sandwich packed with a tasty filling - pale turkey breast topped with sliced tomatoes and mixed leaf salad. The thin slices of turkey were well-flavoured and there was just the right amount of satisfying crunch to the lettuce and tomato. The dressing complemented all of the ingredients which, overall, created a very well-balanced, tasty, filling sandwich. A satisfying lunchtime treat.

3



Boots Shapers Salmon & Cucumber £1.40

327 cal, 11g fat per sandwich

This was an attractive-looking sandwich crammed full of tasty salmon and cucumber. On opening, the smell of the fresh salmon proved to be very appetising - it certainly got the taste buds going. For a reduced fat sandwich it had a superb creamy filling, which wasn't just full of flavour but was also moist without the bread being in the least bit soggy. Fish-lovers will find this a very satisfying sarnie.

4



Tesco Healthy-eating Ploughmans £1.15
237 cal, 4.9g fat per sandwich

A very fresh-looking filling with lots of nice crunchy lettuce. Unfortunately, on eating it was very disappointing because all you could taste was the pickle, and the cheese had no flavour at all. It would have been better if they had skipped the mayonnaise and used more mature low-fat cheddar instead to give it that real cheese and pickle flavour.

5



Marks & Spencer Count On Us Smoked Ham, Cheese & Pickle £1.50

270 cal, 3.2g fat per sandwich

This traditional-looking sandwich was a bit light on the lettuce but otherwise had a fairly good balance of ingredients. The flavour of the pickle pleasantly complemented the ham but you could still taste the cheese. That said, it had a slightly odd aftertaste.