

Nutri-Ban



Menudo Turnover

YOU'LL NEED

160g leftover Menudo
4 slices of Wheat Bread
1 sachet Aminoleban® Oral

Nutrition Facts

52.5 g Carbohydrates
15 g Protein
4 g Fat
297.5 Calories
299 mg Sodium

ALL YOU HAVE TO DO

1. Flatten the four slices of wheat bread and cut round shapes.
2. Mix 1 sachet of Aminoleban® Oral to the left-over menudo.
3. Place 80g of menudo in the center of the two flattened bread and cover it with another flattened bread.
4. Seal the turnover using a fork.
5. Toast in the oven/pan for 5-10 minutes each side or until toasted.
6. Serve and enjoy!