



## Fit Gurken - Zutaten

	NAME	MENGE	MASS	GESAMTGEWICHT
<input type="checkbox"/>	<b>Karotte</b> (1 g)	100	Gram	1 g
<input type="checkbox"/>	<b>Lauch</b> (1 g)	100	Gram	1 g
<input type="checkbox"/>	<b>Zwiebel</b> (1 g)	80	Gram	1 g
<input type="checkbox"/>	<b>Petersilienwurzel</b> (1 g)	80	Gram	1 g
<input type="checkbox"/>	<b>Naturjoghurt 2 %</b> (1 g)	70	Gram	1 g
<input type="checkbox"/>	<b>Hähnchenbrustfilet</b> (1 g)	50	Gram	1 g
<input type="checkbox"/>	<b>Saure Gurken</b> (1 g)	50	Gram	1 g
<input type="checkbox"/>	<b>Kartoffeln</b> (1 g)	50	Gram	1 g
<input type="checkbox"/>	<b>Petersiliengrün</b> (1 g)	30	Gram	1 g
<input type="checkbox"/>	<b>Knoblauch</b> (1 g)	15	Gram	1 g
<input type="checkbox"/>	<b>Weißes Salz</b> (1 g)	5	Gram	1 g
<input type="checkbox"/>	<b>Schwarzer Pfeffer</b> (1 g)	5	Gram	1 g
<input type="checkbox"/>	<b>Piment</b> (1 g)	5	Gram	1 g
<input type="checkbox"/>	<b>Lorbeerblatt</b> (1 g)	4	Gram	1 g



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<input type="checkbox"/>	<b>Wasser</b> (250 g)	6	Glaß	250 g