



Leichte Bohnenpasten-Kanapees - Zutaten

	NAME	MENGE	MASS	GESAMTGEWICHT
<input type="checkbox"/>	Tomate (1 g)	120	Gram	1 g
<input type="checkbox"/>	Helles Roggenbrot (35 g)	3	Scheibe Brot	35 g
<input type="checkbox"/>	Rote Bohnen (Dose) (1 g)	80	Gram	1 g
<input type="checkbox"/>	Rote Paprika (1 g)	70	Gram	1 g
<input type="checkbox"/>	Zitronat (1 g)	40	Gram	1 g
<input type="checkbox"/>	Gartendill (1 g)	16	Gram	1 g
<input type="checkbox"/>	Olivenöl (1 g)	5	Gram	1 g