



## Truthahn mit Gemüse - Zutaten

	NAME	MENGE	MASS	GESAMTGEWICHT
<input type="checkbox"/>	<b>Putenlende</b> (1 g)	200	Gram	1 g
<input type="checkbox"/>	<b>Kirschtomaten</b> (1 g)	160	Gram	1 g
<input type="checkbox"/>	<b>Langkorn-Braunreis</b> (1 g)	100	Gram	1 g
<input type="checkbox"/>	<b>Rettich</b> (1 g)	90	Gram	1 g
<input type="checkbox"/>	<b>Rote Paprika</b> (1 g)	70	Gram	1 g
<input type="checkbox"/>	<b>Rucola</b> (1 g)	40	Gram	1 g
<input type="checkbox"/>	<b>Petersilienwurzel</b> (1 g)	25	Gram	1 g
<input type="checkbox"/>	<b>Brokkolisprossen</b> (1 g)	24	Gram	1 g
<input type="checkbox"/>	<b>Olivenöl</b> (1 g)	10	Gram	1 g