



Truthahn mit Gemüse (leichtere Version) - Zutaten

	NAME	MENGE	MASS	GESAMTGEWICHT
<input type="checkbox"/>	Putenlende (1 g)	100	Gram	1 g
<input type="checkbox"/>	Kirschtomaten (1 g)	100	Gram	1 g
<input type="checkbox"/>	Rettich (1 g)	90	Gram	1 g
<input type="checkbox"/>	Langkorn-Braunreis (1 g)	70	Gram	1 g
<input type="checkbox"/>	Rote Paprika (1 g)	70	Gram	1 g
<input type="checkbox"/>	Rucola (1 g)	40	Gram	1 g
<input type="checkbox"/>	Petersilienwurzel (1 g)	25	Gram	1 g
<input type="checkbox"/>	Brokkolisprossen (1 g)	24	Gram	1 g
<input type="checkbox"/>	Olivenöl (1 g)	5	Gram	1 g