



Sardellenpaste-Tomaten-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"/>	Sardinen in Öl (1 g)	60	Gram	1 g
<input type="checkbox"/>	Petersiliengrün (1 g)	6	Gram	1 g
<input type="checkbox"/>	Olivenöl (1 g)	5	Gram	1 g