



## Sardinen-Tomaten-Pasten-Sandwiches (schwerere Version) - Zutaten

	NAME	MENGE	MASS	GESAMTGEWICHT
<input type="checkbox"/>	<b>Helles Roggenbrot</b> (35 g)	4	Scheibe Brot	35 g
<input type="checkbox"/>	<b>Tomate</b> (1 g)	120	Gram	1 g
<input type="checkbox"/>	<b>Sardinen in Öl</b> (1 g)	80	Gram	1 g
<input type="checkbox"/>	<b>Petersiliengrün</b> (1 g)	6	Gram	1 g
<input type="checkbox"/>	<b>Olivenöl</b> (1 g)	5	Gram	1 g