



Putenrouladen - Zutaten

| | NAME | MENGE | MASS | GESAMTGEWICHT |
|--------------------------|---|-------|---------------|---------------|
| <input type="checkbox"/> | Putenbrust ohne Haut (100 g) | 1 | Portion | 100 g |
| <input type="checkbox"/> | Schmelzkäse (1 g) | 25 | Gram | 1 g |
| <input type="checkbox"/> | Kokosnuss (1 g) | 1 | Zweig | 1 g |
| <input type="checkbox"/> | Kaltgepresstes Rapsöl (10 ml) | 1 | Esstlöffel | 10 ml |
| <input type="checkbox"/> | Rote Zwiebel (80 g) | 1 | Stück | 80 g |
| <input type="checkbox"/> | Grüne Paprika (70 g) | 1 | Kleines Stück | 70 g |
| <input type="checkbox"/> | Bulgur (1 g) | 60 | Gram | 1 g |
| <input type="checkbox"/> | Gemüsebrühe (1 ml) | 100 | Mililiter | 1 ml |
| <input type="checkbox"/> | Kurkuma (1 g) | 1 | Portion | 1 g |
| <input type="checkbox"/> | Tiefkühlspinat (1 g) | 150 | Gram | 1 g |
| <input type="checkbox"/> | Weißes Salz (0.1 g) | 1 | Priese | 0.1 g |
| <input type="checkbox"/> | Schwarzer Pfeffer (0.1 g) | 1 | Priese | 0.1 g |
| <input type="checkbox"/> | Edelsüße Paprika gemahlen (0.5 g) | 1 | Priese | 0.5 g |