



Light Pumpkin and Pea Cream Soup - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Pumpkin <i>(1 g)</i>	110	Gram	1 g
<input type="checkbox"/>	Leek <i>(140 g)</i>	0.5	Piece	140 g
<input type="checkbox"/>	Parsley Root <i>(80 g)</i>	0.5	Piece	80 g
<input type="checkbox"/>	Carrot <i>(50 g)</i>	0.5	Piece	50 g
<input type="checkbox"/>	Dry Pea Seeds <i>(14.67 g)</i>	1.5	Tablespoon	14.67 g
<input type="checkbox"/>	Sunflower Seeds (Shelled) <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Olive Oil <i>(10 g)</i>	0.5	Tablespoon	10 g
<input type="checkbox"/>	Garlic <i>(5 g)</i>	1	Tooth	5 g
<input type="checkbox"/>	Ground Sweet Paprika <i>(7 g)</i>	1	Tablespoon	7 g