

# Light Bean Paste Canapés - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Tomato</b> <i>(1 g)</i>	120	Gram	1 g
<input type="checkbox"/>	<b>Light Rye Bread</b> <i>(35 g)</i>	3	Slice of bread	35 g
<input type="checkbox"/>	<b>Red Beans (Canned)</b> <i>(1 g)</i>	80	Gram	1 g
<input type="checkbox"/>	<b>Red Bell Pepper</b> <i>(1 g)</i>	70	Gram	1 g
<input type="checkbox"/>	<b>Lemon 2</b> <i>(1 g)</i>	40	Gram	1 g
<input type="checkbox"/>	<b>Garden Dill</b> <i>(1 g)</i>	16	Gram	1 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(1 g)</i>	5	Gram	1 g