



## Mackerel with Vegetables - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Red Bell Pepper</b> <i>(1 g)</i>	70	Gram	1 g
<input type="checkbox"/>	<b>Smoked Mackerel</b> <i>(1 g)</i>	70	Gram	1 g
<input type="checkbox"/>	<b>Light Rye Bread</b> <i>(1 g)</i>	60	Gram	1 g
<input type="checkbox"/>	<b>Tomato</b> <i>(1 g)</i>	60	Gram	1 g
<input type="checkbox"/>	<b>Fresh Spinach 2</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(1 g)</i>	5	Gram	1 g
<input type="checkbox"/>	<b>Balsamic Vinegar 2</b> <i>(1 g)</i>	3	Gram	1 g