



Sardine-Tomato Paste Sandwiches (heavier version) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Light Rye Bread <i>(35 g)</i>	4	Slice of bread	35 g
<input type="checkbox"/>	Tomato <i>(1 g)</i>	120	Gram	1 g
<input type="checkbox"/>	Sardines in Oil 2 <i>(1 g)</i>	80	Gram	1 g
<input type="checkbox"/>	Parsley Leaves 2 <i>(1 g)</i>	6	Gram	1 g
<input type="checkbox"/>	Olive Oil <i>(1 g)</i>	5	Gram	1 g