



Mackerel Paste Sandwiches - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Light Rye Bread <i>(1 g)</i>	105	Gram	1 g
<input type="checkbox"/>	Pickled Cucumbers 2 <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Red Bell Pepper <i>(1 g)</i>	80	Gram	1 g
<input type="checkbox"/>	Smoked Mackerel <i>(1 g)</i>	60	Gram	1 g
<input type="checkbox"/>	Red Onion <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	Butterhead Lettuce <i>(1 g)</i>	20	Gram	1 g
<input type="checkbox"/>	Parsley Leaves 2 <i>(1 g)</i>	12	Gram	1 g