



## Frittata with Spinach and Buckwheat - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Whole Chicken Eggs (S)</b> <i>(1 g)</i>	160	Gram	1 g
<input type="checkbox"/>	<b>Fresh Spinach 2</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Cherry Tomatoes</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Millet Groats</b> <i>(1 g)</i>	40	Gram	1 g
<input type="checkbox"/>	<b>Onion</b> <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	<b>Dried Tomatoes</b> <i>(1 g)</i>	20	Gram	1 g
<input type="checkbox"/>	<b>Cow's Milk 1.5%</b> <i>(1 g)</i>	20	Mililiter	1 g
<input type="checkbox"/>	<b>Cold-Pressed Rapeseed Oil</b> <i>(1 ml)</i>	10	Gram	1 ml