



Arugula with Tuna (with Bread) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Tomato <i>(1 g)</i>	120	Gram	1 g
<input type="checkbox"/>	Tuna in Its Own Juice <i>(1 g)</i>	120	Gram	1 g
<input type="checkbox"/>	Arugula <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Light Rye Bread <i>(1 g)</i>	35	Gram	1 g
<input type="checkbox"/>	Pickled Green Olives <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	Red Onion <i>(1 g)</i>	25	Gram	1 g
<input type="checkbox"/>	Pumpkin seeds 2 <i>(1 g)</i>	20	Gram	1 g
<input type="checkbox"/>	Olive Oil <i>(1 g)</i>	10	Gram	1 g