



Mozzarella Sandwiches with Sunflower Seeds and Tomato - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Tomato <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	Light Rye Bread <i>(35 g)</i>	2	Slice of bread	35 g
<input type="checkbox"/>	Mozzarella Cheese <i>(1 g)</i>	60	Gram	1 g
<input type="checkbox"/>	Olive Oil <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	Sunflower Seeds (Shelled) <i>(5 g)</i>	0.5	Teaspoon	5 g