



## Wholegrain Toast with Cheese, Tomato, and Roasted Ham - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Whole Grain Toast Bread</b> (23 g)	2	Slice of bread	23 g
<input type="checkbox"/>	<b>Tomato</b> (20 g)	1	Slice	20 g
<input type="checkbox"/>	<b>Roasted Pork Loin</b> (15 g)	1	Slice	15 g
<input type="checkbox"/>	<b>Royal Light Yellow Cheese</b> (15 g)	1	Slice	15 g
<input type="checkbox"/>	<b>Butter</b> (10 g)	0.5	Teaspoon	10 g