



Tortilla with roasted pork, arugula, tomato, pickled cucumber, and bell pepper cold - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Tomato <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	Whole Wheat Tortilla <i>(62 g)</i>	1	Piece	62 g
<input type="checkbox"/>	Roasted Pork Loin <i>(15 g)</i>	3	Slice	15 g
<input type="checkbox"/>	Red Bell Pepper <i>(30 g)</i>	1	Slice	30 g
<input type="checkbox"/>	Arugula <i>(20 g)</i>	1	Handfull	20 g
<input type="checkbox"/>	Cooked Beef (Beef Ham) <i>(15 g)</i>	1	Tablespoon	15 g
<input type="checkbox"/>	Light Mayonnaise <i>(25 g)</i>	1	Tablespoon	25 g
<input type="checkbox"/>	Fine Pickled Cucumbers <i>(1 g)</i>	1	Piece	1 g