



Tuna Paste Sandwiches and Pickled Cucumber - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Pickled Cucumbers 2 (60 g)	1	Piece	60 g
<input type="checkbox"/>	Chickpeas, Cooked or Canned (15 g)	1	Tablespoon	15 g
<input type="checkbox"/>	Garlic (5 g)	1	Tooth	5 g
<input type="checkbox"/>	Black Pepper (1 g)	1	Portion	1 g
<input type="checkbox"/>	Mustard (10 g)	1	Teaspoon	10 g
<input type="checkbox"/>	Fresh Dill (2 g)	1	Portion	2 g
<input type="checkbox"/>	Light Rye Bread (35 g)	1	Slice of bread	35 g
<input type="checkbox"/>	Tuna in Its Own Juice (30 g)	1	Tablespoon	30 g
<input type="checkbox"/>	Tomato (170 g)	1	Piece	170 g
<input type="checkbox"/>	Sunflower Seeds 2 (1 g)	1	Tablespoon	1 g
<input type="checkbox"/>	Linseed Oil (5 ml)	1	Teaspoon	5 ml