



## Soft-boiled egg with tomato salad (Low Carb) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Onion</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Wholemeal Rye Bread</b> <i>(30 g)</i>	2	Slice of bread	30 g
<input type="checkbox"/>	<b>Butterhead Lettuce</b> <i>(5 g)</i>	4	Leaf	5 g
<input type="checkbox"/>	<b>Tomato</b> <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	<b>Whole Chicken Eggs (L)</b> <i>(56 g)</i>	1	Piece	56 g