

Low Carb Spinach Omelette - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil <i>(5 ml)</i>	1	Teaspoon	5 ml
<input type="checkbox"/>	Tomato <i>(140 g)</i>	1	Small piece	140 g
<input type="checkbox"/>	Fresh Spinach 2 <i>(1 g)</i>	1	Handfull	1 g
<input type="checkbox"/>	Wholemeal Rye Bread <i>(30 g)</i>	2	Slice of bread	30 g
<input type="checkbox"/>	Whole Chicken Eggs (L) <i>(56 g)</i>	1	Piece	56 g
