



Heavier Turkey Ham Sandwiches with Lettuce and Tomatoes - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Tomato (170 g)	1	Piece	170 g
<input type="checkbox"/>	Light Rye Bread (35 g)	4	Slice of bread	35 g
<input type="checkbox"/>	Turkey Ham (13 g)	4	Slice	13 g
<input type="checkbox"/>	Butterhead Lettuce (5 g)	4	Leaf	5 g
<input type="checkbox"/>	Butter (1 g)	10	Gram	1 g