



Sandwich with cold cuts and cucumber salad - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Skyr – Icelandic Yogurt <i>(25 g)</i>	2	Tablespoon	25 g
<input type="checkbox"/>	Cucumber <i>(35 g)</i>	1	Piece	35 g
<input type="checkbox"/>	Alfalfa Sprouts <i>(8 g)</i>	1	Tablespoon	8 g
<input type="checkbox"/>	Butterhead Lettuce <i>(5 g)</i>	2	Leaf	5 g
<input type="checkbox"/>	Chicken Breast Ham <i>(15 g)</i>	3	Slice	15 g
<input type="checkbox"/>	Chives <i>(2 g)</i>	1	Teaspoon	2 g
<input type="checkbox"/>	Wholemeal Rye Bread <i>(30 g)</i>	1	Slice of bread	30 g
<input type="checkbox"/>	Butter <i>(1 g)</i>	5	Gram	1 g
<input type="checkbox"/>	Mozzarella Cheese <i>(1 g)</i>	15	Gram	1 g
<input type="checkbox"/>	Himalayan Salt <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	1	Pinch	0.1 g