

Healthy Salad - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Iceberg Lettuce <i>(400 g)</i>	0.5	Piece	400 g
<input type="checkbox"/>	Tomato <i>(170 g)</i>	2	Piece	170 g
<input type="checkbox"/>	Greenhouse Cucumber <i>(180 g)</i>	0.25	Piece	180 g
<input type="checkbox"/>	Chicken Breast Ham <i>(15 g)</i>	4	Slice	15 g
<input type="checkbox"/>	Iodized Salt <i>(0.5 g)</i>	2	Pinch	0.5 g
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	2	Pinch	0.1 g
<input type="checkbox"/>	Natural Yogurt 2% <i>(1 g)</i>	125	Gram	1 g
<input type="checkbox"/>	Safflower oil <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Apple Cider Vinegar <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Tomato Concentrate 30% <i>(25 g)</i>	1	Tablespoon	25 g
<input type="checkbox"/>	White Sugar 2 <i>(1 g)</i>	1	Pinch	1 g
<input type="checkbox"/>	Garden Cress <i>(10 g)</i>	1	Handfull	10 g
<input type="checkbox"/>	8 Multi-Grain Rolls for Pre-Baking <i>(1 g)</i>	60	Gram	1 g