



## Scrambled Eggs with Ham - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Whole Chicken Eggs (S)</b> <i>(43 g)</i>	3	Piece	43 g
<input type="checkbox"/>	<b>Light Rye Bread</b> <i>(35 g)</i>	2	Slice of bread	35 g
<input type="checkbox"/>	<b>Onion</b> <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	<b>Turkey Ham</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Cold-Pressed Rapeseed Oil</b> <i>(1 ml)</i>	5	Gram	1 ml