



Low Carb Chicken Breast Stuffed with Spinach - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Fresh Spinach 2 <i>(1 g)</i>	400	Gram	1 g
<input type="checkbox"/>	Full-Fat Quark Cheese <i>(1 g)</i>	200	Gram	1 g
<input type="checkbox"/>	Chicken Breast Fillet 2 <i>(1 g)</i>	2	Piece	1 g
<input type="checkbox"/>	Olive Oil <i>(10 g)</i>	2	Tablespoon	10 g
<input type="checkbox"/>	White Salt <i>(0.1 g)</i>	4	Pinch	0.1 g
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	4	Pinch	0.1 g
<input type="checkbox"/>	Water <i>(1 g)</i>	50	Mililiter	1 g