



Low-Carb Steak with Red Cabbage - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Red cabbage, raw <i>(1 g)</i>	400	Gram	1 g
<input type="checkbox"/>	Beef Tenderloin <i>(100 g)</i>	2	Portion	100 g
<input type="checkbox"/>	Olive Oil <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Bay Leaf <i>(1 g)</i>	2	Leaf	1 g
<input type="checkbox"/>	Nutmeg <i>(2 g)</i>	0.5	Teaspoon	2 g
<input type="checkbox"/>	White Salt <i>(5 g)</i>	0.5	Teaspoon	5 g
<input type="checkbox"/>	Black Pepper <i>(5 g)</i>	0.5	Teaspoon	5 g
<input type="checkbox"/>	Orange 2 <i>(1 g)</i>	1	Piece	1 g