



Ham and salad sandwich - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Wholemeal Rye Bread (30 g)	1	Portion	30 g
<input type="checkbox"/>	Mozzarella Cheese (15 g)	1	Slice	15 g
<input type="checkbox"/>	Butter (10 g)	1	Teaspoon	10 g
<input type="checkbox"/>	Chicken Breast Ham (15 g)	3	Slice	15 g
<input type="checkbox"/>	Chives (2 g)	1	Teaspoon	2 g
<input type="checkbox"/>	Butterhead Lettuce (5 g)	2	Leaf	5 g
<input type="checkbox"/>	Cucumber (35 g)	1	Portion	35 g
<input type="checkbox"/>	Skyr – Icelandic Yogurt (25 g)	2	Tablespoon	25 g
<input type="checkbox"/>	Alfalfa Sprouts (8 g)	1	Tablespoon	8 g
<input type="checkbox"/>	White Salt (0.1 g)	1	Pinch	0.1 g
<input type="checkbox"/>	Black Pepper (0.1 g)	1	Pinch	0.1 g