

Ham and cucumber sandwich - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Wholemeal Rye Bread <i>(30 g)</i>	2	Slice of bread	30 g
<input type="checkbox"/>	Chicken Breast Ham <i>(15 g)</i>	4	Portion	15 g
<input type="checkbox"/>	Butter <i>(10 g)</i>	1	Teaspoon	10 g
<input type="checkbox"/>	Cucumber <i>(35 g)</i>	2	Piece	35 g
<input type="checkbox"/>	Greek Natural Yogurt <i>(25 g)</i>	1	Tablespoon	25 g
<input type="checkbox"/>	White Salt <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	1	Pinch	0.1 g
