



Scrambled eggs with ham and onion - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Whole Chicken Eggs (M) <i>(51 g)</i>	3	Piece	51 g
<input type="checkbox"/>	Wholemeal Rye Bread <i>(30 g)</i>	1	Slice of bread	30 g
<input type="checkbox"/>	Onion <i>(130 g)</i>	1	Small piece	130 g
<input type="checkbox"/>	Chicken Breast Ham <i>(15 g)</i>	2	Slice	15 g
<input type="checkbox"/>	Olive Oil <i>(10 g)</i>	1	Tablespoon	10 g