

Crispbread with strawberry jam and salami - Ingredients

| | NAME | AMOUNT | UNIT | TOTAL WEIGHT |
|--------------------------|--|--------|----------------|--------------|
| <input type="checkbox"/> | Crispbread <i>(13 g)</i> | 3 | Slice of bread | 13 g |
| <input type="checkbox"/> | Butter <i>(10 g)</i> | 1 | Teaspoon | 10 g |
| <input type="checkbox"/> | Low-Sugar Strawberry Jam <i>(15 g)</i> | 2 | Teaspoon | 15 g |
| <input type="checkbox"/> | Salami 2 <i>(1 g)</i> | 2 | Slice | 1 g |
| <input type="checkbox"/> | Cucumber <i>(35 g)</i> | 1 | Piece | 35 g |
| <input type="checkbox"/> | Chives <i>(2 g)</i> | 1 | Teaspoon | 2 g |
| <input type="checkbox"/> | Low-Fat Quark <i>(1 g)</i> | 120 | Gram | 1 g |
| <input type="checkbox"/> | Apple <i>(100 g)</i> | 0.5 | Small piece | 100 g |
| <input type="checkbox"/> | Lemon Juice <i>(3 g)</i> | 1 | Teaspoon | 3 g |
| <input type="checkbox"/> | Cinnamon 2 <i>(1 g)</i> | 1 | Pinch | 1 g |
