



## Mushroom scrambled eggs with apple-cinnamon quark - Ingredients

|                          | NAME                                                         | AMOUNT | UNIT           | TOTAL WEIGHT |
|--------------------------|--------------------------------------------------------------|--------|----------------|--------------|
| <input type="checkbox"/> | <b>Wholemeal Rye Bread</b><br><i>(30 g)</i>                  | 1      | Slice of bread | 30 g         |
| <input type="checkbox"/> | <b>Whole Chicken Eggs (M)</b><br><i>(51 g)</i>               | 2      | Piece          | 51 g         |
| <input type="checkbox"/> | <b>Fresh Mushrooms</b><br><i>(1 g)</i>                       | 200    | Gram           | 1 g          |
| <input type="checkbox"/> | <b>Olive Oil</b><br><i>(5 g)</i>                             | 1      | Teaspoon       | 5 g          |
| <input type="checkbox"/> | <b>Onion</b><br><i>(170 g)</i>                               | 0.5    | Piece          | 170 g        |
| <input type="checkbox"/> | <b>Parmesan Cheese, Grated</b><br><i>(8 g)</i>               | 1      | Tablespoon     | 8 g          |
| <input type="checkbox"/> | <b>Parsley Leaves</b><br><i>(3 g)</i>                        | 1      | Teaspoon       | 3 g          |
| <input type="checkbox"/> | <b>Chives</b><br><i>(2 g)</i>                                | 1      | Teaspoon       | 2 g          |
| <input type="checkbox"/> | <b>Black Pepper</b><br><i>(0.1 g)</i>                        | 1      | Pinch          | 0.1 g        |
| <input type="checkbox"/> | <b>Apple</b><br><i>(180 g)</i>                               | 0.5    | Piece          | 180 g        |
| <input type="checkbox"/> | <b>Homogenized Full-Fat Quark Cheese</b><br><i>(1 g)</i>     | 125    | Gram           | 1 g          |
| <input type="checkbox"/> | <b>Lemon Juice</b><br><i>(3 g)</i>                           | 1      | Teaspoon       | 3 g          |
| <input type="checkbox"/> | <b>Vanilla, Ground or Vanilla Bean Paste</b><br><i>(2 g)</i> | 1      | Piece          | 2 g          |
| <input type="checkbox"/> | <b>Cinnamon 2</b><br><i>(1 g)</i>                            | 1      | Pinch          | 1 g          |



|                          | NAME                                | AMOUNT | UNIT  | TOTAL WEIGHT |
|--------------------------|-------------------------------------|--------|-------|--------------|
| <input type="checkbox"/> | <b>White Salt</b><br><i>(0.1 g)</i> | 1      | Pinch | 0.1 g        |