



## Italian bread salad - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Light Rye Bread</b> <i>(35 g)</i>	2	Slice of bread	35 g
<input type="checkbox"/>	<b>Garlic</b> <i>(5 g)</i>	1	Tooth	5 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(5 g)</i>	2	Teaspoon	5 g
<input type="checkbox"/>	<b>Red Onion</b> <i>(60 g)</i>	1	Small piece	60 g
<input type="checkbox"/>	<b>Coconut</b> <i>(1 g)</i>	1	Sprig	1 g
<input type="checkbox"/>	<b>Wine Vinegar</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>White Sugar 2</b> <i>(1 g)</i>	1	Pinch	1 g
<input type="checkbox"/>	<b>Black Pepper</b> <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	<b>White Salt</b> <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	<b>Cherry Tomatoes</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Red Bell Pepper</b> <i>(200 g)</i>	0.25	Piece	200 g
<input type="checkbox"/>	<b>Romaine Lettuce</b> <i>(1 g)</i>	50	Gram	1 g