

Salad with Yogurt Dressing - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Iceberg Lettuce <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Green Pepper <i>(70 g)</i>	0.5	Small piece	70 g
<input type="checkbox"/>	Celery Stalk <i>(25 g)</i>	1	Tablespoon	25 g
<input type="checkbox"/>	Chives <i>(5 g)</i>	1	Tablespoon	5 g
<input type="checkbox"/>	Parsley Leaves 2 <i>(1 g)</i>	1	Teaspoon	1 g
<input type="checkbox"/>	Arugula <i>(20 g)</i>	1	Handfull	20 g
<input type="checkbox"/>	Greek Natural Yogurt <i>(25 g)</i>	2	Tablespoon	25 g
<input type="checkbox"/>	Olive Oil <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	Balsamic Vinegar 2 <i>(1 g)</i>	1	Teaspoon	1 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
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	White Salt <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	Carrot <i>(50 g)</i>	0.5	Piece	50 g
<input type="checkbox"/>	Cane Sugar <i>(0.1 g)</i>	1	Pinch	0.1 g