



Blumenkohlrisotto mit Avocadosoße - Zutaten

	NAME	MENGE	MASS	GESAMTGEWICHT
<input type="checkbox"/>	Blumenkohl (1 g)	250	Gram	1 g
<input type="checkbox"/>	Avocado (1 g)	140	Gram	1 g
<input type="checkbox"/>	Tomate (1 g)	120	Gram	1 g
<input type="checkbox"/>	Rettich (1 g)	60	Gram	1 g
<input type="checkbox"/>	Gartendill (1 g)	32	Gram	1 g
<input type="checkbox"/>	Zitronensaft (1 g)	6	Gram	1 g
<input type="checkbox"/>	Knoblauch (1 g)	5	Gram	1 g