

Fit Gurken - Zutaten

| | NAME | MENGE | MASS | GESAMTGEWICHT |
|--------------------------|------------------------------------|-------|------|---------------|
| <input type="checkbox"/> | Karotte (1 g) | 100 | Gram | 1 g |
| <input type="checkbox"/> | Lauch (1 g) | 100 | Gram | 1 g |
| <input type="checkbox"/> | Zwiebel (1 g) | 80 | Gram | 1 g |
| <input type="checkbox"/> | Petersilienwurzel (1 g) | 80 | Gram | 1 g |
| <input type="checkbox"/> | Naturjoghurt 2 % (1 g) | 70 | Gram | 1 g |
| <input type="checkbox"/> | Hähnchenbrustfilet (1 g) | 50 | Gram | 1 g |
| <input type="checkbox"/> | Saure Gurken (1 g) | 50 | Gram | 1 g |
| <input type="checkbox"/> | Kartoffeln (1 g) | 50 | Gram | 1 g |
| <input type="checkbox"/> | Petersiliengrün (1 g) | 30 | Gram | 1 g |
| <input type="checkbox"/> | Knoblauch (1 g) | 15 | Gram | 1 g |
| <input type="checkbox"/> | Weißes Salz (1 g) | 5 | Gram | 1 g |
| <input type="checkbox"/> | Schwarzer Pfeffer (1 g) | 5 | Gram | 1 g |
| <input type="checkbox"/> | Piment (1 g) | 5 | Gram | 1 g |
| <input type="checkbox"/> | Lorbeerblatt (1 g) | 4 | Gram | 1 g |
| <input type="checkbox"/> | Wasser (250 g) | 6 | Glaß | 250 g |