

# Sardinen-Tomaten-Pasten-Sandwiches (schwerere Version) - Zutaten

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	NAME	MENGE	MASS	GESAMTGEWICHT
<input type="checkbox"/>	<b>Helles Roggenbrot</b> <i>(35 g)</i>	4	Scheibe Brot	35 g
<input type="checkbox"/>	<b>Tomate</b> <i>(1 g)</i>	120	Gram	1 g
<input type="checkbox"/>	<b>Sardinen in Öl</b> <i>(1 g)</i>	80	Gram	1 g
<input type="checkbox"/>	<b>Petersiliengrün</b> <i>(1 g)</i>	6	Gram	1 g
<input type="checkbox"/>	<b>Olivenöl</b> <i>(1 g)</i>	5	Gram	1 g

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