

Wholemeal pasta with spinach and chicken - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Whole Grain Pasta <i>(70 g)</i>	1	Cup	70 g
<input type="checkbox"/>	Chicken Breast Fillet <i>(100 g)</i>	1	Portion	100 g
<input type="checkbox"/>	Fresh Spinach <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Whole Chicken Eggs (M) <i>(51 g)</i>	1	Piece	51 g
<input type="checkbox"/>	Walnut Kernels <i>(4 g)</i>	1	Piece	4 g
<input type="checkbox"/>	Sunflower Seeds <i>(4 g)</i>	2	Teaspoon	4 g
<input type="checkbox"/>	Olive Oil <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Garlic <i>(5 g)</i>	1	Tooth	5 g
<input type="checkbox"/>	Nutmeg <i>(0.2 g)</i>	1	Pinch	0.2 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>	2	Pinch	0.1 g