

## Omelette with Broccoli - Ingredients

---

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Natural Yogurt 2%</b> <i>(1 g)</i>	120	Gram	1 g
<input type="checkbox"/>	<b>Broccoli</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Whole Chicken Eggs (S)</b> <i>(43 g)</i>	1	Piece	43 g
<input type="checkbox"/>	<b>Cow's Milk 1.5%</b> <i>(1 g)</i>	20	Mililiter	1 g
<input type="checkbox"/>	<b>Cold-Pressed Rapeseed Oil</b> <i>(10 ml)</i>	1	Tablespoon	10 ml
<input type="checkbox"/>	<b>Mustard</b> <i>(1 g)</i>	10	Gram	1 g
<input type="checkbox"/>	<b>Dried Basil</b> <i>(2 g)</i>	1	Teaspoon	2 g

---