



## Pepper and Zucchini Frittata - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Zucchini</b> <i>(1 g)</i>	150	Gram	1 g
<input type="checkbox"/>	<b>Whole Chicken Eggs (S)</b> <i>(43 g)</i>	2	Piece	43 g
<input type="checkbox"/>	<b>Red Bell Pepper</b> <i>(200 g)</i>	1	Piece	200 g
<input type="checkbox"/>	<b>Light Rye Bread</b> <i>(1 g)</i>	70	Gram	1 g
<input type="checkbox"/>	<b>Kale</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Cold-Pressed Rapeseed Oil</b> <i>(1 ml)</i>	5	Gram	1 ml