



Rice with Mushrooms and Dill (Lite Version) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Water <i>(250 g)</i>	1	Cup	250 g
<input type="checkbox"/>	Fresh Mushrooms <i>(20 g)</i>	4	Piece	20 g
<input type="checkbox"/>	Long-Grain Brown Rice <i>(180 g)</i>	0.25	Piece	180 g
<input type="checkbox"/>	Garden Dill <i>(70 g)</i>	0.5	Bunch	70 g
<input type="checkbox"/>	Sunflower Seeds (Shelled) <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	Sunflower Oil 2 <i>(1 g)</i>	1	Teaspoon	1 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil <i>(1 ml)</i>	5	Gram	1 ml