

Frittata with Spinach and Buckwheat (lactose-free) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Whole Chicken Eggs (S) <i>(1 g)</i>	160	Gram	1 g
<input type="checkbox"/>	Fresh Spinach 2 <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Cherry Tomatoes <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Millet Groats <i>(1 g)</i>	40	Gram	1 g
<input type="checkbox"/>	Onion <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	Rice Milk <i>(1 g)</i>	20	Mililiter	1 g
<input type="checkbox"/>	Dried Tomatoes <i>(1 g)</i>	20	Gram	1 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil <i>(1 ml)</i>	10	Gram	1 ml
