

Mackerel with Vegetables - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Red Bell Pepper <i>(1 g)</i>	70	Gram	1 g
<input type="checkbox"/>	Smoked Mackerel <i>(1 g)</i>	70	Gram	1 g
<input type="checkbox"/>	Light Rye Bread <i>(1 g)</i>	60	Gram	1 g
<input type="checkbox"/>	Tomato <i>(1 g)</i>	60	Gram	1 g
<input type="checkbox"/>	Fresh Spinach <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Olive Oil <i>(1 g)</i>	5	Gram	1 g
<input type="checkbox"/>	Balsamic Vinegar <i>(1 g)</i>	3	Gram	1 g
