

# American Chicken Salad - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Tomato</b> <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	<b>Chicken Breast Fillet</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Radish</b> <i>(15 g)</i>	5	Piece	15 g
<input type="checkbox"/>	<b>Iceberg Lettuce</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Chives</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Cucumber</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Garden Cress</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Natural Yogurt 2%</b> <i>(25 g)</i>	1	Tablespoon	25 g
<input type="checkbox"/>	<b>Mustard</b> <i>(10 g)</i>	1	Teaspoon	10 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	<b>Balsamic Vinegar</b> <i>(6 g)</i>	1	Tablespoon	6 g
<input type="checkbox"/>	<b>Garlic</b> <i>(5 g)</i>	0.5	Tooth	5 g
<input type="checkbox"/>	<b>White Salt</b> <i>(1 g)</i>	0	Gram	1 g
<input type="checkbox"/>	<b>Black Pepper</b> <i>(1 g)</i>	0	Gram	1 g