

# Spinach Omelette - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Fresh Spinach</b> <i>(25 g)</i>	5	Handfull	25 g
<input type="checkbox"/>	<b>Light Rye Bread</b> <i>(35 g)</i>	3	Slice of bread	35 g
<input type="checkbox"/>	<b>Whole Chicken Eggs (S)</b> <i>(43 g)</i>	2	Piece	43 g
<input type="checkbox"/>	<b>Chicken Egg White</b> <i>(35 g)</i>	2	Piece	35 g
<input type="checkbox"/>	<b>Clarified Butter</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>Black Pepper</b> <i>(1 g)</i>	1	Piece	1 g
<input type="checkbox"/>	<b>White Salt</b> <i>(1 g)</i>	1	Piece	1 g