

# Omelette with Mushrooms and Vegetables - Ingredients

|                          | NAME   | AMOUNT | UNIT       | TOTAL WEIGHT |
|--------------------------|--|--------|------------|--------------|
| <input type="checkbox"/> | <b>Whole Chicken Eggs (S)</b><br><i>(43 g)</i> | 3      | Piece      | 43 g         |
| <input type="checkbox"/> | <b>Fresh Mushrooms</b><br><i>(20 g)</i>        | 8      | Piece      | 20 g         |
| <input type="checkbox"/> | <b>Red Bell Pepper</b><br><i>(200 g)</i>       | 0.5    | Piece      | 200 g        |
| <input type="checkbox"/> | <b>Onion</b><br><i>(170 g)</i>                 | 0.25   | Piece      | 170 g        |
| <input type="checkbox"/> | <b>Water</b><br><i>(10 g)</i>                  | 2      | Tablespoon | 10 g         |
| <input type="checkbox"/> | <b>Ground Sweet Paprika</b><br><i>(7 g)</i>    | 1      | Tablespoon | 7 g          |
| <input type="checkbox"/> | <b>Black Pepper</b><br><i>(1 g)</i>            | 1      | Gram       | 1 g          |
| <input type="checkbox"/> | <b>Ground Chili Pepper</b><br><i>(1 g)</i>     | 1      | Gram       | 1 g          |
| <input type="checkbox"/> | <b>Himalayan Salt</b><br><i>(1 g)</i>          | 1      | Gram       | 1 g          |