

Wholegrain Toast with Cheese, Tomato, and Roasted Ham - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Whole Grain Toast Bread <i>(23 g)</i>	2	Slice of bread	23 g
<input type="checkbox"/>	Tomato <i>(20 g)</i>	1	Slice	20 g
<input type="checkbox"/>	Roasted Pork Loin <i>(15 g)</i>	1	Slice	15 g
<input type="checkbox"/>	Royal Light Yellow Cheese <i>(15 g)</i>	1	Slice	15 g
<input type="checkbox"/>	Butter <i>(10 g)</i>	0.5	Teaspoon	10 g
