

# Tortilla with Roasted Turkey, Arugula, Tomato, Pickled Cucumber and Bell Pepper Served Cold - Ingredients

---

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Tomato</b> <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	<b>Whole Wheat Tortilla</b> <i>(62 g)</i>	1	Piece	62 g
<input type="checkbox"/>	<b>Roasted Turkey Breast with Skin</b> <i>(15 g)</i>	3	Slice	15 g
<input type="checkbox"/>	<b>Red Bell Pepper</b> <i>(30 g)</i>	1	Slice	30 g
<input type="checkbox"/>	<b>Arugula</b> <i>(20 g)</i>	1	Handfull	20 g
<input type="checkbox"/>	<b>Cooked Beef (Beef Ham)</b> <i>(15 g)</i>	1	Tablespoon	15 g
<input type="checkbox"/>	<b>Light Mayonnaise</b> <i>(25 g)</i>	1	Tablespoon	25 g
<input type="checkbox"/>	<b>Fine Pickled Cucumbers</b> <i>(1 g)</i>	1	Piece	1 g

---