

# Avocado Toast with Fried Egg - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Avocado</b> <i>(140 g)</i>	1	Piece	140 g
<input type="checkbox"/>	<b>Whole Chicken Eggs (M)</b> <i>(51 g)</i>	1	Piece	51 g
<input type="checkbox"/>	<b>Clarified Butter</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>Ground Sweet Paprika</b> <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	<b>Black Pepper</b> <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	<b>Tomato</b> <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	<b>Bread with Chia Seeds, Sunflower Seeds, and Quark – Low-Carb Bread Without Yeast and Flour</b> <i>(50 g)</i>	2	Slice of bread	50 g

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