

Soft-boiled egg with tomato salad (Low Carb) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Onion <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Wholemeal Rye Bread <i>(30 g)</i>	2	Slice of bread	30 g
<input type="checkbox"/>	Butterhead Lettuce <i>(5 g)</i>	4	Leaf	5 g
<input type="checkbox"/>	Tomato <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	Whole Chicken Eggs (L) <i>(56 g)</i>	1	Piece	56 g
