

# Low Carb Spinach Omelette - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Black Pepper</b> <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	<b>Cold-Pressed Rapeseed Oil</b> <i>(5 ml)</i>	1	Teaspoon	5 ml
<input type="checkbox"/>	<b>Tomato</b> <i>(140 g)</i>	1	Small piece	140 g
<input type="checkbox"/>	<b>Fresh Spinach</b> <i>(25 g)</i>	1	Handfull	25 g
<input type="checkbox"/>	<b>Wholemeal Rye Bread</b> <i>(30 g)</i>	2	Slice of bread	30 g
<input type="checkbox"/>	<b>Whole Chicken Eggs (L)</b> <i>(56 g)</i>	1	Piece	56 g

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