

Soft-boiled egg with cucumber salad and crispbread (Low Carb) - Ingredients

| | NAME | AMOUNT | UNIT | TOTAL WEIGHT |
|--------------------------|--|--------|----------------|--------------|
| <input type="checkbox"/> | Wholemeal Rye Bread <i>(30 g)</i> | 1 | Slice of bread | 30 g |
| <input type="checkbox"/> | Whole Chicken Eggs (L) <i>(56 g)</i> | 3 | Piece | 56 g |
| <input type="checkbox"/> | Himalayan Salt <i>(0.1 g)</i> | 1 | Pinch | 0.1 g |
| <input type="checkbox"/> | Olive Oil <i>(10 g)</i> | 1 | Tablespoon | 10 g |
| <input type="checkbox"/> | Butterhead Lettuce <i>(5 g)</i> | 6 | Leaf | 5 g |
| <input type="checkbox"/> | Cucumber <i>(35 g)</i> | 1 | Piece | 35 g |
| <input type="checkbox"/> | Dried Oregano <i>(2 g)</i> | 0.5 | Teaspoon | 2 g |
