

# Heavier Turkey Ham Sandwiches with Lettuce and Tomatoes - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Tomato</b> <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	<b>Light Rye Bread</b> <i>(35 g)</i>	4	Slice of bread	35 g
<input type="checkbox"/>	<b>Turkey Ham</b> <i>(13 g)</i>	4	Slice	13 g
<input type="checkbox"/>	<b>Butterhead Lettuce</b> <i>(5 g)</i>	4	Leaf	5 g
<input type="checkbox"/>	<b>Butter</b> <i>(1 g)</i>	10	Gram	1 g

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