

# Sandwich with cold cuts and cucumber salad - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Skyr – Icelandic Yogurt</b> <i>(25 g)</i>	2	Tablespoon	25 g
<input type="checkbox"/>	<b>Cucumber</b> <i>(35 g)</i>	1	Piece	35 g
<input type="checkbox"/>	<b>Alfalfa Sprouts</b> <i>(8 g)</i>	1	Tablespoon	8 g
<input type="checkbox"/>	<b>Butterhead Lettuce</b> <i>(5 g)</i>	2	Leaf	5 g
<input type="checkbox"/>	<b>Chicken Breast Ham</b> <i>(15 g)</i>	3	Slice	15 g
<input type="checkbox"/>	<b>Chives</b> <i>(2 g)</i>	1	Teaspoon	2 g
<input type="checkbox"/>	<b>Wholemeal Rye Bread</b> <i>(30 g)</i>	1	Slice of bread	30 g
<input type="checkbox"/>	<b>Butter</b> <i>(1 g)</i>	5	Gram	1 g
<input type="checkbox"/>	<b>Mozzarella Cheese</b> <i>(1 g)</i>	15	Gram	1 g
<input type="checkbox"/>	<b>Himalayan Salt</b> <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	<b>Black Pepper</b> <i>(0.1 g)</i>	1	Pinch	0.1 g