

Scrambled Eggs with Ham - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Whole Chicken Eggs (S) <i>(43 g)</i>	3	Piece	43 g
<input type="checkbox"/>	Light Rye Bread <i>(35 g)</i>	2	Slice of bread	35 g
<input type="checkbox"/>	Onion <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	Turkey Ham <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil <i>(1 ml)</i>	5	Gram	1 ml
