

Low-Carb Sunflower, Flaxseed and Sesame Bread - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Sunflower Seeds (Shelled) <i>(1 g)</i>	150	Gram	1 g
<input type="checkbox"/>	Ground Flaxseed <i>(1 g)</i>	70	Gram	1 g
<input type="checkbox"/>	Hulled Sesame Seeds <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Puffed Amaranth <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Low-Fat Quark <i>(1 g)</i>	250	Gram	1 g
<input type="checkbox"/>	Chicken Egg White <i>(35 g)</i>	3	Piece	35 g
<input type="checkbox"/>	White Salt <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	Carrot <i>(50 g)</i>	3	Piece	50 g
<input type="checkbox"/>	Spelt Flakes <i>(10 g)</i>	4	Tablespoon	10 g
