

# Low Carb Chicken Breast Stuffed with Spinach - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Fresh Spinach</b> <i>(1 g)</i>	400	Gram	1 g
<input type="checkbox"/>	<b>Full-Fat Quark Cheese</b> <i>(1 g)</i>	200	Gram	1 g
<input type="checkbox"/>	<b>Chicken Breast Fillet</b> <i>(140 g)</i>	2	Piece	140 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(10 g)</i>	2	Tablespoon	10 g
<input type="checkbox"/>	<b>White Salt</b> <i>(0.1 g)</i>	4	Pinch	0.1 g
<input type="checkbox"/>	<b>Black Pepper</b> <i>(0.1 g)</i>	4	Pinch	0.1 g
<input type="checkbox"/>	<b>Water</b> <i>(1 g)</i>	50	Mililiter	1 g

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