

Low-Carb Zucchini Soup - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Zucchini <i>(600 g)</i>	2	Piece	600 g
<input type="checkbox"/>	Water <i>(1 g)</i>	300	Mililiter	1 g
<input type="checkbox"/>	Onion <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	Garlic <i>(5 g)</i>	1	Tooth	5 g
<input type="checkbox"/>	Olive Oil <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Sour Cream 30% <i>(10 ml)</i>	6	Tablespoon	10 ml
<input type="checkbox"/>	White Salt <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	Black Pepper <i>(5 g)</i>	0.5	Teaspoon	5 g