

## Low Carb broccoli casserole - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Broccoli</b> <i>(1 g)</i>	500	Gram	1 g
<input type="checkbox"/>	<b>Cooked Pork Ham</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Onion</b> <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	<b>&lt;i&gt;Crème Fraîche&lt;/i&gt;</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Whole Chicken Eggs (M)</b> <i>(51 g)</i>	1	Piece	51 g
<input type="checkbox"/>	<b>Gouda Cheese</b> <i>(1 g)</i>	60	Gram	1 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(10 g)</i>	2	Tablespoon	10 g
<input type="checkbox"/>	<b>Ground Sweet Paprika</b> <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	<b>Nutmeg</b> <i>(0.2 g)</i>	2	Pinch	0.2 g
<input type="checkbox"/>	<b>White Salt</b> <i>(0.1 g)</i>	3	Pinch	0.1 g
<input type="checkbox"/>	<b>Black Pepper</b> <i>(0.1 g)</i>	3	Pinch	0.1 g