



Ham and cucumber sandwich - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Wholemeal Rye Bread (30 g)	2	Slice of bread	30 g
<input type="checkbox"/>	Chicken Breast Ham (15 g)	4	Portion	15 g
<input type="checkbox"/>	Butter (10 g)	1	Teaspoon	10 g
<input type="checkbox"/>	Cucumber (35 g)	2	Piece	35 g
<input type="checkbox"/>	Greek Natural Yogurt (25 g)	1	Tablespoon	25 g
<input type="checkbox"/>	White Salt (0.1 g)	1	Pinch	0.1 g
<input type="checkbox"/>	Black Pepper (0.1 g)	1	Pinch	0.1 g