

Wholemeal roll with cherry jam - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Sunflower Roll <i>(92 g)</i>	1	Piece	92 g
<input type="checkbox"/>	Butter <i>(10 g)</i>	0.5	Teaspoon	10 g
<input type="checkbox"/>	Low-Sugar Sour Cherry Jam <i>(15 g)</i>	2	Teaspoon	15 g
<input type="checkbox"/>	Chicken Breast Ham <i>(15 g)</i>	2	Slice	15 g
<input type="checkbox"/>	Cherry Tomatoes <i>(20 g)</i>	2	Piece	20 g
<input type="checkbox"/>	Basil, Fresh <i>(0.1 g)</i>	3	Leaf	0.1 g
<input type="checkbox"/>	Mustard <i>(10 g)</i>	1	Teaspoon	10 g
<input type="checkbox"/>	Low-Fat Quark <i>(1 g)</i>	125	Gram	1 g
<input type="checkbox"/>	Apple <i>(100 g)</i>	1	Small piece	100 g
<input type="checkbox"/>	Water <i>(10 g)</i>	2	Tablespoon	10 g
<input type="checkbox"/>	Lemon Juice <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	Cinnamon <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	Vanilla, Ground or Vanilla Bean Paste <i>(2 g)</i>	1	Piece	2 g