

Wholemeal bun with blackcurrant 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 Blackcurrant 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"/>	Coconut <i>(1 g)</i>	3	Leaf	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"/>	Pear <i>(130 g)</i>	1	Piece	130 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 2 <i>(1 g)</i>	1	Pinch	1 g
<input type="checkbox"/>	Vanilla, Ground or Vanilla Bean Paste <i>(2 g)</i>	1	Piece	2 g