

# Crispbread with raspberry jam and salami - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Crispbread</b> <i>(13 g)</i>	3	Slice of bread	13 g
<input type="checkbox"/>	<b>Butter</b> <i>(10 g)</i>	1	Teaspoon	10 g
<input type="checkbox"/>	<b>Raspberry Jam</b> <i>(15 g)</i>	2	Teaspoon	15 g
<input type="checkbox"/>	<b>Salami</b> <i>(15 g)</i>	2	Slice	15 g
<input type="checkbox"/>	<b>Cucumber</b> <i>(35 g)</i>	1	Piece	35 g
<input type="checkbox"/>	<b>Chives</b> <i>(2 g)</i>	1	Teaspoon	2 g
<input type="checkbox"/>	<b>Low-Fat Quark</b> <i>(1 g)</i>	120	Gram	1 g
<input type="checkbox"/>	<b>Apple</b> <i>(100 g)</i>	0.5	Small piece	100 g
<input type="checkbox"/>	<b>Lemon Juice</b> <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	<b>Cinnamon</b> <i>(0.1 g)</i>	1	Pinch	0.1 g