

# Vegetable Omelette with Chives - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Whole Chicken Eggs (S)</b> <i>(1 g)</i>	150	Gram	1 g
<input type="checkbox"/>	<b>Red Bell Pepper</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Onion</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Chives</b> <i>(1 g)</i>	25	Gram	1 g
<input type="checkbox"/>	<b>Oat Flakes</b> <i>(1 g)</i>	20	Gram	1 g
<input type="checkbox"/>	<b>Black Pepper</b> <i>(1 g)</i>	1	Gram	1 g
<input type="checkbox"/>	<b>White Salt</b> <i>(1 g)</i>	1	Gram	1 g
<input type="checkbox"/>	<b>Turmeric</b> <i>(1 g)</i>	1	Gram	1 g