

Scrambled Eggs with Broccoli - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Whole Chicken Eggs (S) <i>(43 g)</i>	2	Piece	43 g
<input type="checkbox"/>	Broccoli <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Light Rye Bread <i>(35 g)</i>	1	Slice of bread	35 g
<input type="checkbox"/>	Almonds <i>(15 g)</i>	1	Tablespoon	15 g
<input type="checkbox"/>	Sunflower Oil <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	Cow's Milk 0.5% <i>(1 g)</i>	10	Gram	1 g
