

# Low-Carb Sunflower, Flaxseed and Sesame Bread - Ingredients

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|                          | NAME  | AMOUNT | UNIT       | TOTAL WEIGHT |
|--------------------------|---|--------|------------|--------------|
| <input type="checkbox"/> | <b>Sunflower Seeds (Shelled)</b><br><i>(1 g)</i>                              | 150    | Gram       | 1 g          |
| <input type="checkbox"/> | <b>Ground Flaxseed</b><br><i>(1 g)</i>  | 70     | Gram       | 1 g          |
| <input type="checkbox"/> | <b>Apricot, Powdered, Drained (Without Addition of Sugar)</b><br><i>(1 g)</i> | 50     | Gram       | 1 g          |
| <input type="checkbox"/> | <b>Puffed Amaranth</b><br><i>(1 g)</i>  | 50     | Gram       | 1 g          |
| <input type="checkbox"/> | <b>Low-Fat Quark</b><br><i>(1 g)</i>  | 250    | Gram       | 1 g          |
| <input type="checkbox"/> | <b>Chicken Egg White</b><br><i>(35 g)</i>                                     | 3      | Piece      | 35 g         |
| <input type="checkbox"/> | <b>White Salt</b><br><i>(5 g)</i>   | 1      | Teaspoon   | 5 g          |
| <input type="checkbox"/> | <b>Carrot</b><br><i>(50 g)</i>  | 3      | Piece      | 50 g         |
| <input type="checkbox"/> | <b>Spelt Flakes</b><br><i>(10 g)</i>  | 4      | Tablespoon | 10 g         |