nutrium

Emily Foster

THE WORLD'S MOST DELICIOUS OMELETTE

A crazy-delicious omelette made with peppers, sharp cheddar cheese and onion.

10 minutes
20 minutes
1 portion

INGREDIENTS

- 80 grams of eggs, chicken, whole, raw
- 1 tablespoon of milk, skimmed, pasteurised, average (15 g)
- 60 grams of pepper, capsicum, red, raw
- 30 grams of onions, raw
- 1 grated tablespoon of cheese, Cheddar type, half fat (10 g)

COOKING METHOD

1º Chop Veg
2º Grate Cheese
3º Mix all ingredients in bowl
4º Pour into a hot, non-stick frying pan until cooked

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (195 g)	% DRI
ENERGY	82 kcal	160 kcal	8 %
PROTEIN	8 g	15 g	29 %
CARBOHYDRATE	3 g	6 g	2 %
SUGARS	3 g	5 g	6 %
FAT	5 g	9 g	13 %
FATTY ACIDS, TOTAL SATURATED	2 g	3 g	15 %
FIBER	1 g	2 g	8 %
SODIUM	102 mg	198 mg	8 %