

# Basic Western Omelet

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-recipe-ham-eggs-breakfast-omelette>

## Ingredients:

- 6 large eggs
- 2 tablespoons milk
- 3 tablespoons unsalted butter
- 1/2 cup onions small diced
- 1/2 cup green bell pepper small diced
- 1/2 cup ham cooked and diced

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 715 milligrams
4. Fat: 38 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 17 grams
8. Sodium: 960 milligrams
9. Sugar: 5 grams

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