

# Cheese Omelette

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/cheese-omelet-recipe-indian>

## Ingredients:

- 2 eggs
- 2 tablespoons milk
- black pepper
- salt
- 1 tablespoon butter
- 1/4 cup cheese
- coriander Green, or parsley for garnish, optional

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 120 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 4 grams
8. Sodium: 300 milligrams
9. Sugar: 1 grams

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