

Panlasang Pinoy Omelet

Yield: 3 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-pancake-recipe-panlasang-pinoy>

Ingredients:

- 3 large eggs
- 3 stalks onion leaves, scallions, sliced
- 1/2 red bell pepper small, chopped
- 1 yellow onion small, sliced
- 1 tomato small, cubed
- 2 tablespoons extra-virgin olive oil
- 1/4 cup shredded cheddar cheese
- salt to taste

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 220 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 10 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 390 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Panlasang Pinoy Omelet above. You can see more 20 japanese pancake recipe panlasang pinoy Cook up something special! to get more great cooking ideas.