

French Omelette

Yield: 1 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/french-omelette-recipe-indian>

Ingredients:

- 1 egg
- 1 tablespoon milk
- 1 tablespoon chives chopped
- 1 tablespoon basil chopped
- 1/2 tablespoon tarragon chopped
- 1 pinch sea salt
- 1 pinch ground pepper
- olive oil for the pan
- 1 tablespoon goat cheese crumbled
- 1 sundried tomato sliced thinly and oil drained

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 230 milligrams
4. Fat: 31 grams
5. Fiber: 1 grams
6. Protein: 13 grams
7. SaturatedFat: 8 grams
8. Sodium: 490 milligrams
9. Sugar: 3 grams

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