

Greek Omelette

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-feta-omelette-recipe>

Ingredients:

- 1 teaspoon olive oil
- 1/4 cup spinach Chopped
- 1 tablespoon Kalamata olives Sliced
- 2 tablespoons tomato Chopped
- 1/4 cup onion Chopped
- 2 eggs
- 1 tablespoon milk
- 1/4 teaspoon salt
- 1/4 teaspoon cracked black pepper Freshly
- 1/2 tablespoon fresh mint Chopped
- 2 tablespoons feta Crumbled

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 110 milligrams
4. Fat: 5 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 260 milligrams
8. Sugar: 1 grams

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