

Indian Masala Omelet

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-green-chicken-wings-indian-recipe>

Ingredients:

- 4 eggs
- kosher salt
- 1/2 teaspoon chillies red, powder
- 2 tablespoons cilantro leaves chopped fresh
- 2 1/2 green small, chillis, such as Thai bird chillies slit lengthwise
- 1 1/2 tablespoons yellow onion finely chopped
- 1 tablespoon tomato finely chopped
- 1 tablespoon vegetable oil divided.

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 425 milligrams
4. Fat: 17 grams
5. Protein: 13 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 550 milligrams
8. Sugar: 2 grams

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