

Easy Spinach & Egg White Omelette

Yield: 1 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-inn-egg-white-omelette-recipe>

Ingredients:

- 3 egg whites
- 1 tablespoon water
- 1 cup baby spinach
- 1 teaspoon olive oil
- salt
- pepper
- 1/4 cup cottage cheese low-fat
- grated Parmesan cheese sprinkle of freshly, if desired
- diced tomatoes for serving

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 20 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 25 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1390 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Easy Spinach & Egg White Omelette above. You can see more 20 holiday inn egg white omelette recipe Taste the magic today! to get more great cooking ideas.