

Indian Masala Omelette

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetable-omelet-indian-recipe>

Ingredients:

- 8 eggs good quality fresh organic eggs taste better
- 2 tablespoons oil
- 2 tablespoons butter
- 1 onion medium sized chopped
- 4 green chilli finely chopped
- 2 teaspoons red chili powder
- 1/4 teaspoon turmeric powder
- salt to taste
- 4 leaves coriander Tbsp, chopped
- 2 13/16 ounces processed cheese cheddar cheese, if you don't have cheddar

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 445 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 19 grams
7. SaturatedFat: 8 grams
8. Sodium: 680 milligrams
9. Sugar: 5 grams

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