

Italian Omelet

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-omelet-recipe-in-urdu>

Ingredients:

- 1 cup fresh mushrooms sliced
- 1 cup zucchini sliced
- 3 tablespoons butter divided
- 4 eggs Egglard's Best
- 3 tablespoons water
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup part-skim mozzarella cheese shredded
- sauce
- 1 tablespoon butter
- 1 tomatoes medium, chopped
- 2 tablespoons fresh parsley minced
- 1 garlic cloves minced
- 1/2 teaspoon dried basil
- 1/8 teaspoon salt

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 505 milligrams
4. Fat: 39 grams
5. Fiber: 4 grams
6. Protein: 24 grams
7. SaturatedFat: 21 grams
8. Sodium: 1190 milligrams
9. Sugar: 12 grams

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