

Italian Omelette

Yield: 4 min
Total Time: 17 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-omlette-recipe>

Ingredients:

- 4 mushrooms sliced
- 1/3 cup tomato seeded and chopped
- 2 large eggs
- 3 tablespoons milk
- 1/4 teaspoon kosher salt
- 1 teaspoon butter
- 1/4 cup shredded cheese such as mozzarella, fontina, gruyere or Italian cheese blend
- 1 tablespoon shredded Parmesan cheese optional
- 2 slices prosciutto torn into long shreds
- fresh basil leaves

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 120 milligrams
4. Fat: 7 grams
5. Protein: 8 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 370 milligrams
8. Sugar: 2 grams

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