

# Spanish Omelette

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/spanish-omelette-indian-recipe>

## Ingredients:

- 1 large tomato
- 10 mushrooms baby
- 2 cups spinach leaves
- 1 tablespoon olive oil
- 4 eggs
- salt
- freshly ground black pepper
- 2 tablespoons chives

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 210 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. SaturatedFat: 2 grams
8. Sodium: 280 milligrams
9. Sugar: 3 grams

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