

Western Omelette / Denver Omelette

Yield: 1 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/best-omelete-recipe-in-india>

Ingredients:

- 1 tablespoon butter
- 3 large eggs
- 1/2 cup onion finely chopped
- 1/4 cup green bell pepper or red bell pepper, finely diced
- 1/4 cup cooked ham chopped
- 1/4 cup sharp cheddar cheese
- salt to taste
- pepper to taste

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 715 milligrams
4. Fat: 38 grams
5. Fiber: 5 grams
6. Protein: 38 grams
7. SaturatedFat: 18 grams
8. Sodium: 1720 milligrams
9. Sugar: 6 grams

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