

# Loaded Mexican Omelette

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/pati-s-mexican-table-recipes-avocado-crema-recipe>

## Ingredients:

- 2 tablespoons olive oil + more as needed
- 2 jalapeno pepper chopped
- 1 small yellow onion chopped
- 1 cup corn
- 8 ounces black beans
- 1 Roma tomato diced
- 1 avocado diced
- 4 large eggs
- salt
- pepper
- 3 ounces white cheddar cheese
- crema or sour cream for serving
- chopped cilantro for garnish, optional
- hot sauce to taste!

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 240 milligrams
4. Fat: 28 grams
5. Fiber: 10 grams
6. Protein: 18 grams
7. SaturatedFat: 9 grams
8. Sodium: 700 milligrams
9. Sugar: 4 grams

---

Thank you for visiting our website. Hope you enjoy Loaded Mexican Omelette above. You can see more 17 pati's mexican table recipes avocado crema recipe You must try them! to get more great

cooking ideas.