

# Squash Blossom and Mint Omelet

Yield: 1 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-squash-blossom-recipe>

## Ingredients:

- 2 eggs
- 5 squash blossoms small, cleaned and roughly chopped into bite-sized pieces
- 1 tablespoon fresh mint chopped finely
- salt
- pepper
- milk
- goat cheese to taste
- olive oil

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 455 milligrams
4. Fat: 42 grams
5. Fiber: 3 grams
6. Protein: 24 grams
7. SaturatedFat: 14 grams
8. Sodium: 1040 milligrams
9. Sugar: 3 grams

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