

Omelette

Yield: 1 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-cheddar-muffins-recipes>

Ingredients:

- 2 eggs large free-range
- sea salt
- ground black pepper freshly
- 1 knob butter
- 1 handful cheddar cheese grated, optional

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 515 milligrams
4. Fat: 40 grams
5. Protein: 27 grams
6. SaturatedFat: 22 grams
7. Sodium: 1350 milligrams
8. Sugar: 2 grams

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