

Recipe Name: Egg White Spinach Omelette Recipe With Garlic & Oregano

Diet Type:

Course: World Breakfast

Cuisine: Continental

Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 4 Whole Eggs - egg whites separated	2
• 1 Onion - finely chopped	
• 50 grams Spinach - washed and finely chopped	
• 2 Green Chillies - finely chopped	
• Salt and Pepper - to taste	
• 1 teaspoon Nutralite Garlic & Oregano Spread	

Preparation

- To begin making the Egg White Spinach Omelette Recipe With Garlic & Oregano, get all the ingredients ready before you begin making the omelette.
- Since we are using whites from 4 eggs, this can at most serve 2 people if you plan to split the omelette into halves.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
180	18	4	10	2	2