

Recipe Name: Microwaved Egg-Omelette-In-A-Mug Recipe

Diet Type:

Course: World Breakfast

Cuisine: Continental

Quantity: 1 mug



Ingredients

Ingredient	Quantity
• 4 Whole Eggs	4
• 4 Egg whites	
• 1/2 teaspoon Black pepper powder	
• Salt - to taste	
• 1/4 cup Green Bell Pepper (Capsicum) - or any colour	
• 1/4 tablespoon Onions - finely chopped	
• Sunflower Oil - for greasing the cups	

Preparation

- To make the Microwaved Egg-Omelette-In-A-Mug first grease 4 microwaveable cups with oil.
- Then, crack the eggs and add additional egg whites from 4 eggs into a mixing bowl.
- Add pepper powder, salt, finely chopped bell peppers and onions into the same bowl and whisk well until combined and frothy.
- Pour the egg mixture into the greased cups, equally, taking care to fill only 3/4 of the cup.
- One at a time, place the cups in the microwave and cook on high power for 2 minutes each.
- If you see the mix bubbling out of the cup, stop the microwave, remove the cup out and mix once, place it back into the microwave and cook.
- Insert a fork into the cup and if it comes out clean the omelette is cooked and ready.
- If the fork comes out egggy, you need to cook the egg for a minute or two more.
- Mix it once and place it back into the microwave.
- Cook until the fork comes out clean.

Macronutrients

Calories (kcal) Protein (g) Carbs (g) Fat (g) Fiber (g) Sugar (g)



150

12

2

10

0

1

