

Recipe Name: High Protein Spinach Basil & Cheese Omelette Recipe

Diet Type:

Course: World Breakfast

Cuisine: French

Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 2 Whole Egg - whites only	4
• 2 tablespoon Milk	
• 2 Green Chilli - finely chopped	
• 3-4 Garlic - sliced	
• 1 sprig Basil leaves - ground into a paste	
• Sunflower Oil - for cooking	
• Salt and Pepper - to taste	
• 20 grams Spinach - sliced	
• 1/4 cup Sweet corn	
• 1 Tomato - sliced	
• 2 cloves Garlic - finely chopped	
• 2 tablespoons Cheese - grated	

Preparation

- Whisk the egg whites along with salt, pepper and milk, keep aside.
- poke holes onto the omelette.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	20	5	18	2	1