

Eggs, Cheese, and Tuna Omelet

submitted by StevenMcInnes



Per serving: 498 Calories • 1.4g Carbs (0g Fiber) • 29.5g Fat • 55.9g Protein

Ingredients

Ingredients scaled to: 1 omelet

- 1 tbsp **Olive oil** (13.5 grams)
- 1 large **Egg** (50 grams)
- 3 large **Egg white** (99 grams)
- 1 can **Tuna** (165 grams)
- 1 slice (1 oz) **Cheddar cheese** (28 grams)

Directions

Directions are based on the original recipe of 1 omelet

1. Heat oil in a pan over medium heat.
2. Whisk 1 whole egg and 3 egg whites in a bowl and then pour into the hot pan. Drain tuna and mix into the eggs as they cook. When eggs are close to done add the cheese. Cook until cheese is melted and eggs are done to desired preference.