

Omelet with Cheese and Spinach

submitted by rye7



Per serving: 478 Calories • 3.7g Carbs (1.3g Fiber) • 39.4g Fat • 27.2g Protein

Ingredients

Ingredients scaled to: 1 omelet

- 1 1/2 tbsp **Butter** (21.3 grams)
- 3 extra large **Egg** (168 grams)
- 2 1/2 tbsp, shredded **Cheddar cheese** (17.5 grams)
- 1 dash **Salt** (0.40 grams)
- 1 dash **Pepper** (0.10 grams)
- 6 leaf **Spinach** (60 grams)

Directions

Directions are based on the original recipe of 1 omelet

1. Preheat broiler to high. Whisk eggs together.
2. Heat a 10 inch (25cm) nonstick frying pan over medium heat and add butter. Once the butter sizzles, pour in egg mixture evenly over the pan. Reduce heat to low and cook until set and golden brown (about 5 mins).
3. Remove the pan from heat and sprinkle the top of the omelet with cheese, salt, and pepper. Place omelet in frying pan under the broiler and cook until cheese melts, about 1-2 minutes.
4. Remove frying pan from broiler, place spinach on top of cheese. Gently fold the omelet in half and serve.