

# Keto Cheese Omelet



A low-carb cheese omelet is the perfect quick & yummy meal to calm hunger pangs at any hour of need!

## Ingredients for 2 serving (US/Metric)

- 2.5 *pieces* Eggs
- 2 *tbsp* Butter
- 57g / 2oz Cheese, cheddar
- Salt & pepper to taste

## Nutrition (US/Metric)

- Protein: 19%
- Fat: 79%
- Net carbs: 2%

# Instructions

1. Break the eggs in a bowl and beat till foamy. Add 50% shredded cheddar cheese, salt & pepper. Mix well.
2. Heat a frying pan on the stove at medium heat, melt the butter, and add the raw egg mixture. Cook for a few minutes, reduce heat to low and continue to cook till the eggs are 90% done.
3. Sprinkle the rest of the shredded cheddar cheese all over the omelet. Fold and serve right away!
4. Use any of your preferred spices/seasoning to flavor this cheese omelet. A bowl of salsa goes well with it.