

Easy Italian Melt Omelet

Hands-on 5 minutes Overall 10 minutes

Nutritional values (per serving): Total carbs: 4.5 g, Fiber: 0.9 g, **Net carbs: 3.6 g,**

Protein: 36.7 g, Fat: 42.7 g, Calories: 555 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 1 serving)

1 tbsp + 1 tsp [extra virgin olive oil](#) (35 ml)

6-8 cherry tomatoes (60 g/ 2.1 oz)

1 tbsp freshly chopped basil

2 slices prosciutto di Parma (20 g/ 0.7 oz)

few slices fresh mozzarella (50 g/ 1.8 oz)

3 large eggs

salt and pepper, to taste

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Instructions

1. Pour 1 tablespoon of the the olive oil into an omelette pan and place over medium heat.
2. While heating, quarter the tomatoes, shred the basil and chop the prosciutto and mozzarella into small pieces.
3. Break the eggs into a bowl, season to taste, and whisk until frothy, then pour into the heated pan. Leave to cook for a minute, then run a spatula gently around the underside.
4. Cook until the top and centre look almost set, then scatter the mozzarella, prosciutto, tomatoes and basil over one half of the omelette.
5. Fold the omelette over the fillings, turn the heat off and leave to sit for a minute. Drizzle with the remaining 1 teaspoon of olive oil.
6. Slide the omelette on to a plate and eat while hot. I prefer to eat my omelette when it is fresh cooked, but you could store it in a covered container in the fridge for up to three days and reheat it prior to eating.

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