

Easy Low-Carb Green Omelet

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 8.1 g, Fiber: 4.2 g, **Net carbs: 3.8 g,**

Protein: 30.9 g, Fat: 41.9 g, Calories: 528 kcal,

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



Ingredients (makes 2 servings)

Omelettes:

- 4 large eggs
- 2 cups fresh spinach (60 g/ 2.1 oz)
- 1/4 cup loosely packed parsley
- 1/3 cup grated Parmesan (30 g/ 1.1 oz)
- 1/3 cup unsweetened almond milk or any nut or seed milk (80 ml/ 2.7 fl oz)
- salt and pepper to taste
- 2 tbsp extra virgin olive oil or ghee (30 ml)

Filling:

- 1/3 cup crumbled feta (50 g/ 1.8 oz)
- 1/2 large avocado, sliced (100 g/ 3.5 oz)
- 80 g smoked salmon (2.8 oz)
- 1/4 cup loosely packed fresh parsley

Instructions

1. Add all omelette ingredients except the eggs to a food processor and mix well until the spinach is finely chopped.
2. Add the eggs and process on low speed until the mixture is just combined.
3. Heat half of the oil in a large frypan and add half of the omelette mixture.
4. Swirl the pan so that the mixture completely covers the base.
5. Cook for 2 minutes or until just set underneath, and then sprinkle half of the omelet with half of each the feta, salmon, parsley and avocado on half.
6. Fold the omelette over and cook for a further 2 minutes.
7. Repeat with the remaining mixture to create another omelet. Eat warm.

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)