

Healthy Low-Carb Caprese Omelet

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per serving): Total carbs: 4.9 g, Fiber: 1.1 g, **Net carbs: 3.8 g,**

Protein: 30.8 g, Fat: 43.2 g, Calories: 533 kcal,

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



Ingredients (makes 1 serving)

3 large eggs

1 tbsp butter or [ghee](#) (14 g/ 0.5 oz)

1/3 cup cherry tomatoes, halved (50 g/ 1.8 oz)

2 slices fresh mozzarella (30 g/ 1.1 oz)

3-6 basil leaves, chopped

1 heaped tbsp grated Parmesan or other Italian hard cheese (10 g/
0.4 oz)

1 tbsp pesto (15 g/ 0.5 oz) - *you can [make your own pesto](#)*

sea salt and pepper, to taste

Optional: 1 tsp balsamic vinegar and 1 tbsp [extra virgin olive oil](#) to
drizzle on top

[Free & premium keto diet plans](#)

Instructions

1. In a small bowl whisk together the eggs with 1 tbsp water.
2. Heat the butter in a small nonstick ceramic skillet over low heat.
3. Pour the eggs into the skillet pushing the cooked edges toward the center, cooking and tilting the pan so that the uncooked egg reaches the hot pan.
4. When the top of the eggs are set place the half of the tomatoes, basil, parmesan, and mozzarella on one side of the eggs.
5. Fold in half and place on a plate. Drizzle with pesto and top with remaining tomatoes. Optionally, drizzle with balsamic vinegar and olive oil. Serve immediately.

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)