INDIAN · BREAKFAST

Keto Masala Omelette with Cheddar

10 min · Serves 1 · 508 kcal a serve · Video 4:18 · HK's Keto & Low Carb Recipes

Vegetarian · Gluten-free ingredients · No nuts listed

Three eggs and cheddar give about 25 g protein with only about 4 g net carbs; turmeric, Kashmiri chilli and coriander add the flavour, with no flour or sugar.

Diet notes: Keto (4.1 g net carbs a serve).

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Ingredients 9 · SERVES 1

- [ ] 3 **eggs**
- [ ] **salt and black pepper**, to taste
- [ ] ½ tsp **ground turmeric**
- [ ] ½ tsp **Kashmiri red chilli powder**
- [ ] 1 tbsp (15 ml) **heavy cream**
- [ ] 15 g **red onion** (about ¼ small), finely diced
- [ ] ½ tsp chopped **coriander** (cilantro)
- [ ] 1 tbsp (15 g) **ghee**
- [ ] 20 g (2 tbsp) **cheddar**, grated

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Crack the 3 eggs into a mixing bowl. 0:48
2. Season with salt, pepper, turmeric and Kashmiri chilli powder, add the cream, red onion and coriander, and beat well. 1:00
3. Heat the ghee in a non-stick frying pan over medium heat until melted and hot. 1:32
4. Pour in the beaten eggs, spread them evenly and grate the cheddar over the top. 1:52
5. Cover the pan with a lid for about 4 minutes so the steam sets the top of the omelette. 2:19
6. Fold the omelette in half, flip it and cook 10–30 seconds more, until cooked through but still tender. Serve hot. 2:45

> **Tip** Use 2 eggs for a lighter breakfast. In India it is sold on trains with pav (soft buns) and ketchup; for low carb, have it with a salad or sautéed greens instead.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
508 kcal	25 g	5 g	0.9 g	43 g	710 mg
2,120 kJ	49% of a day	4.1 g net · 3 g sugars	3% of a day	22 g saturated	31% of a day
		2% of a day		55% of a day	

Energy from net carbs 3% · protein 20% · fat 77% — fits keto: 4.1 g net carbs, 77% of the energy from fat

High in (20%+ of a day) Selenium 90% · Vitamin B12 77% · Vitamin A 55% · Zinc 22%

Source of (10–19%) Folate 19% · Calcium 18% · Vitamin D 18% · Vitamin E 17% · Iron 15% · Omega-3 15% · Vitamin B6 14%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=44d5K0kg-r8, published 18 November 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-masala-omelette-cheddar