



Baked Spanish Tortilla



Vegetarian



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups olive oil
- ☐ 2 cups potato boiling sliced ()
- ☐ 1 large onion sliced
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 1 serving salt and pepper to taste
- ☐ 1 bell pepper red chopped
- ☐ 2 tablespoons sun-dried olives chopped
- ☐ 12 eggs organic lakes®

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

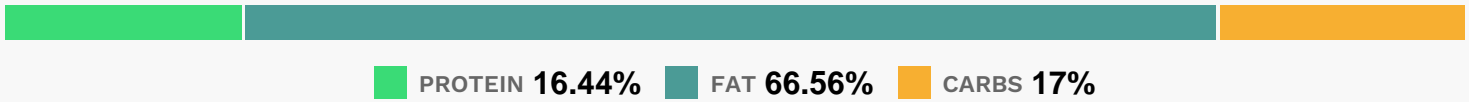
Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat. Cook potatoes and onions in oil about 5 minutes, turning potatoes constantly for even cooking, until oil begins to simmer; add thyme, salt and pepper. Simmer about 10 minutes longer, turning potatoes constantly, until potatoes are soft and tender. (If potatoes begin to fry and turn brown during cooking, reduce heat.)
- ☐ Remove from heat; drain (do not wash skillet).
- ☐ Place potato mixture in medium bowl; cool slightly.
- ☐ Meanwhile, in same skillet, cook and stir bell pepper and sun-dried tomatoes over medium heat 1 minute; add to potato mixture. Break up potatoes a little with fork.
- ☐ Heat oven to 350°F. Line bottom of 13x9-inch (3-quart) glass baking dish with cooking parchment paper; grease side of dish with oil. In large bowl, lightly beat eggs with fork or wire whisk until well mixed.
- ☐ Add potato mixture to eggs; stir until blended. Carefully pour into baking dish.
- ☐ Bake about 30 minutes or until eggs are completely set and top is slightly puffed and golden; cool 15 minutes. Cover tightly and refrigerate at least 4 hours or until chilled.
- ☐ To serve, run thin knife around edge of tortilla to loosen.
- ☐ Place rectangular serving platter upside down on baking dish (be sure platter is at least as large as baking dish); carefully turn platter and baking dish over.
- ☐ Remove baking dish; peel off cooking parchment paper.

☐

Serve chilled.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:11.369565217391%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 231.2kcal (11.56%), Fat: 17.24g (26.52%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 8.41g (3.06%), Sugar: 2.62g (2.91%), Cholesterol: 245.52mg (81.84%), Sodium: 127.64mg (5.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.16%), Vitamin C: 24.94mg (30.23%), Selenium: 20.63µg (29.47%), Vitamin B2: 0.34mg (19.97%), Vitamin A: 859.82IU (17.2%), Phosphorus: 167.84mg (16.78%), Vitamin E: 2.49mg (16.61%), Vitamin B6: 0.25mg (12.38%), Folate: 49.25µg (12.31%), Vitamin B5: 1.21mg (12.15%), Potassium: 366.5mg (10.47%), Iron: 1.79mg (9.96%), Vitamin B12: 0.59µg (9.79%), Vitamin D: 1.32µg (8.8%), Vitamin K: 9.13µg (8.69%), Manganese: 0.14mg (7.2%), Zinc: 1.08mg (7.19%), Copper: 0.13mg (6.41%), Fiber: 1.49g (5.97%), Magnesium: 23.06mg (5.76%), Vitamin B1: 0.08mg (5.35%), Calcium: 49.59mg (4.96%), Vitamin B3: 0.77mg (3.85%)