



Basque-Style Tortilla with Tuna and Tapenade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 4 ounces thick forest ham black cut into matchstick-size strips
- ☐ 8 large eggs
- ☐ 3 garlic cloves chopped
- ☐ 2 medium size bell peppers green
- ☐ 0.5 teaspoon ground pepper black
- ☐ 3 tablespoons olive oil
- ☐ 2 medium onions chopped

- ☐ 2 medium size bell peppers red
- ☐ 0.8 teaspoon salt
- ☐ 3 large thyme sprigs fresh
- ☐ 1 pound tomatoes chopped
- ☐ 6 ounce water-packed albacore tuna flaked drained canned
- ☐ 0.5 cup tapenade (olive paste)

Equipment

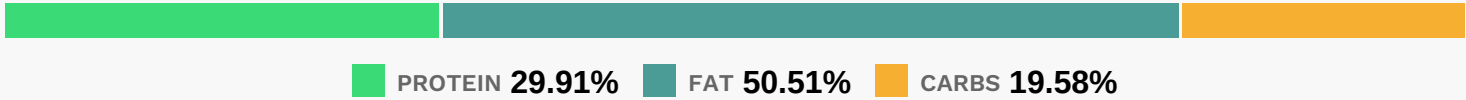
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ spatula

Directions

- ☐ Char peppers over gas flame or in broiler until blackened on all sides. Enclose in paper bag 10 minutes. Peel, seed, and chop peppers. Set aside.
- ☐ Heat 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add onions; sauté until golden, about 10 minutes.
- ☐ Add tomatoes and next 4 ingredients. Reduce heat to medium-low; cover and simmer 25 minutes to blend flavors. Stir in roasted peppers. Increase heat and boil uncovered until juices evaporate, stirring often, about 5 minutes. Discard bay leaf and thyme sprigs.
- ☐ Preheat oven to 400°F.
- ☐ Whisk eggs, salt and pepper in bowl to blend.
- ☐ Heat 1 tablespoon oil in large deep nonstick ovenproof skillet over medium-low heat.
- ☐ Add half of eggs; cook without stirring until edges begin to set, about 1 minute.
- ☐ Spread pepper mixture over.
- ☐ Sprinkle tuna over; spoon tapenade over.

- ☐
- Pour remaining eggs over.
- ☐
- Place in oven and bake until eggs are set, about 12 minutes.
- ☐
- Run rubber spatula around sides of tortilla to loosen. Slide out onto platter.
- ☐
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:2.33, Inflammation Score:-9, Nutrition Score:21.744347966236%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg

Nutrients (% of daily need)

Calories: 252.68kcal (12.63%), Fat: 14.34g (22.06%), Saturated Fat: 3.21g (20.03%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 9.33g (3.39%), Sugar: 7.1g (7.89%), Cholesterol: 268.41mg (89.47%), Sodium: 651.74mg (28.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.11g (38.21%), Vitamin C: 97.01mg (117.59%), Selenium: 40.13µg (57.33%), Vitamin A: 2421.19IU (48.42%), Vitamin B6: 0.53mg (26.7%), Vitamin B2: 0.4mg (23.61%), Phosphorus: 220.97mg (22.1%), Vitamin B12: 1.32µg (22.03%), Vitamin E: 2.99mg (19.96%), Vitamin B3: 3.95mg (19.77%), Folate: 73.32µg (18.33%), Potassium: 593.2mg (16.95%), Manganese: 0.31mg (15.37%), Vitamin K: 15.77µg (15.02%), Iron: 2.64mg (14.68%), Vitamin B5: 1.35mg (13.55%), Fiber: 3.19g (12.74%), Vitamin D: 1.67µg (11.16%), Zinc: 1.42mg (9.46%), Magnesium: 36.72mg (9.18%), Vitamin B1: 0.13mg (8.5%), Copper: 0.16mg (8.16%), Calcium: 71.04mg (7.1%)