



Breakfast Tortilla

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup cherry tomatoes halved
- ☐ 1 large egg whites
- ☐ 4 large eggs
- ☐ 1 tablespoon chives fresh divided minced
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons manchego cheese finely grated
- ☐ 1 tablespoon olive oil

- ☐ 1 teaspoon olive oil extra virgin extra-virgin
- ☐ 0.8 teaspoon salt divided
- ☐ 0.5 pound yukon gold potatoes (1 medium)

Equipment

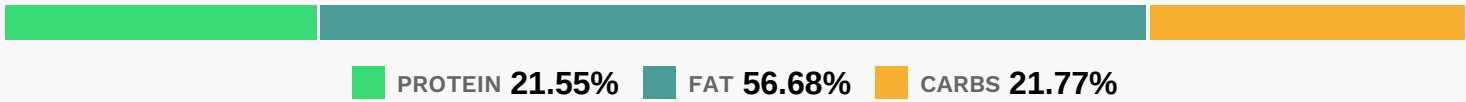
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Preheat oven to 35
- ☐ Place potato in a saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 20 minutes or until tender; drain. Cool. Peel potato; thinly slice.
- ☐ Combine 2 teaspoons chives, 1/4 teaspoon salt, pepper, eggs, and egg white in a bowl; stir with a whisk until blended.
- ☐ Heat 1 tablespoon olive oil in an 8-inch ovenproof nonstick skillet over medium heat.
- ☐ Add garlic and potato slices; cook 30 seconds, gently turning potato to coat with oil.
- ☐ Sprinkle with remaining 1/2 teaspoon salt. Press potato mixture with a spatula into a solid layer in bottom of pan.
- ☐ Pour egg mixture over potato mixture; cook 1 minute. Gently stir egg and potato mixture. Press potato back down into bottom of pan; cook 2 minutes.
- ☐ Remove from heat.
- ☐ Sprinkle with cheese.
- ☐ Bake at 350 for 7 minutes or until center is set.
- ☐ Remove from oven.
- ☐ Drizzle with 1 teaspoon extra-virgin olive oil. Loosen sides of tortilla from pan; gently slide onto a serving platter.

☐ Cut into 4 wedges. Top with tomatoes and remaining 1 teaspoon chives.

Nutrition Facts



Properties

Glycemic Index:47.69, Glycemic Load:7.36, Inflammation Score:-4, Nutrition Score:9.6413043374601%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 212.13kcal (10.61%), Fat: 13.32g (20.49%), Saturated Fat: 4.98g (31.13%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 10.04g (3.65%), Sugar: 1.17g (1.3%), Cholesterol: 197.87mg (65.96%), Sodium: 593.78mg (25.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.39g (22.78%), Selenium: 17.39µg (24.84%), Vitamin C: 16.09mg (19.5%), Vitamin B2: 0.29mg (17.01%), Calcium: 159.56mg (15.96%), Phosphorus: 139.75mg (13.97%), Vitamin B6: 0.28mg (13.92%), Potassium: 370.44mg (10.58%), Vitamin B5: 0.98mg (9.84%), Vitamin A: 457.29IU (9.15%), Folate: 36.18µg (9.04%), Vitamin E: 1.29mg (8.58%), Iron: 1.53mg (8.49%), Manganese: 0.17mg (8.48%), Vitamin B12: 0.45µg (7.54%), Vitamin D: 1µg (6.67%), Vitamin K: 6.48µg (6.17%), Copper: 0.12mg (6.01%), Fiber: 1.48g (5.9%), Zinc: 0.86mg (5.7%), Magnesium: 22.57mg (5.64%), Vitamin B1: 0.07mg (4.98%), Vitamin B3: 0.76mg (3.78%)