



Caramelised onion tortilla



Vegetarian



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



216 kcal

SIDE DISH

Ingredients

- ☐ 2 large onion halved thinly sliced
- ☐ 5 tbsp olive oil
- ☐ 800 g potato peeled thinly sliced
- ☐ 6 large eggs

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

- ☐ baking pan
- ☐ grill

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Using a large frying pan, soften the onions with 1 tbsp olive oil and some seasoning. Cook over a low heat for 20 mins or until golden and caramelised.
- ☐ Place the potato slices, 3 tbsp olive oil and seasoning onto a large baking tray or 2 small ones and toss them around.
- ☐ Bake for 15 mins until potatoes are soft, but not brown.
- ☐ Mix the eggs in a large bowl with more seasoning. When the potatoes and onions are done, toss them in and mix well.
- ☐ Add the remaining 1 tbsp oil to a 20cm frying pan, warm it and pour in the egg mixture. Allow to cook slowly over a low heat for 20–25 mins.
- ☐ When nearly all the liquid egg is gone, you will need to flip it over.
- ☐ Place a plate on top of the pan and invert the tortilla, holding the plate firmly while doing so. Slide the tortilla back into the pan and cook for another 3–4 mins. Alternatively, if you arent too confident about flipping and your pan is ovenproof, place the pan under the grill for a few mins until the top is done.
- ☐ Serve cut into wedges, warm or at room temperature.

Nutrition Facts



PROTEIN 12.82% **FAT 51.29%** **CARBS 35.89%**

Properties

Glycemic Index:3.38, Glycemic Load:0.77, Inflammation Score:-4, Nutrition Score:9.1086955588797%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg

Nutrients (% of daily need)

Calories: 215.98kcal (10.8%), Fat: 12.49g (19.22%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 19.67g (6.56%), Net Carbohydrates: 17.33g (6.3%), Sugar: 3.02g (3.35%), Cholesterol: 139.5mg (46.5%), Sodium: 72.93mg (3.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.06%), Selenium: 12.2µg (17.43%), Potassium: 561.59mg (16.05%), Phosphorus: 146.13mg (14.61%), Vitamin B6: 0.28mg (13.94%), Vitamin C: 11.38mg (13.79%), Vitamin B2: 0.21mg (12.5%), Vitamin E: 1.67mg (11.14%), Folate: 42.75µg (10.69%), Manganese: 0.2mg (9.99%), Fiber: 2.34g (9.35%), Vitamin B5: 0.9mg (9%), Copper: 0.18mg (8.78%), Iron: 1.51mg (8.41%), Vitamin K: 8.43µg (8.03%), Magnesium: 30.25mg (7.56%), Vitamin B1: 0.11mg (7.55%), Vitamin B3: 1.22mg (6.1%), Zinc: 0.88mg (5.85%), Vitamin B12: 0.33µg (5.56%), Vitamin D: 0.75µg (5%), Vitamin A: 210.25IU (4.2%), Calcium: 39.71mg (3.97%)