



WHATSheATE



Cheese, leek & potato tortilla



Vegetarian



Gluten Free

READY IN



22 min.

SERVINGS



4

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 4 servings butter for frying
- ☐ 1 leek thinly sliced
- ☐ 225 g potatoes cooled cooked (1-2 medium size ones)
- ☐ 6 eggs
- ☐ 85 g cheddar cheese
- ☐ 1 tbsp sage dried finely chopped (or 1 tsp sage)

Equipment

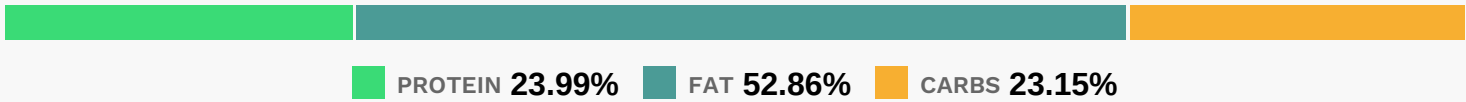
- ☐ frying pan

☐ grill

Directions

- ☐ Melt a knob of butter in a medium, nonstick frying pan, then cook the leek for about 5 mins until softened. Meanwhile, cut the potatoes in half, then into slices about cm thick. Beat the eggs, season, then stir in the cheese and sage.
- ☐ Add a little extra butter to the pan if needed, tip in the potatoes, then the egg mixture. Turn the heat to low, then cook for 10 mins until nearly set.
- ☐ Place under a hot grill, then cook for a couple of mins more until the top is set and golden. Slice into wedges and serve with a green salad.

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:8.22, Inflammation Score:-6, Nutrition Score:14.155652098034%

Flavonoids

Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 246.71kcal (12.34%), Fat: 14.49g (22.3%), Saturated Fat: 6.72g (41.99%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 12.44g (4.53%), Sugar: 1.63g (1.81%), Cholesterol: 268.92mg (89.64%), Sodium: 247.01mg (10.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.8g (29.6%), Selenium: 26.7µg (38.14%), Phosphorus: 268.55mg (26.85%), Vitamin B2: 0.42mg (24.83%), Calcium: 215.57mg (21.56%), Vitamin A: 995.85IU (19.92%), Vitamin K: 20.88µg (19.88%), Vitamin B6: 0.36mg (17.91%), Vitamin C: 13.91mg (16.86%), Folate: 60.12µg (15.03%), Vitamin B12: 0.81µg (13.57%), Vitamin B5: 1.3mg (12.98%), Iron: 2.24mg (12.42%), Zinc: 1.85mg (12.3%), Manganese: 0.23mg (11.47%), Potassium: 389.89mg (11.14%), Vitamin D: 1.45µg (9.65%), Magnesium: 34.99mg (8.75%), Vitamin E: 1.12mg (7.49%), Fiber: 1.84g (7.36%), Copper: 0.15mg (7.29%), Vitamin B1: 0.09mg (6.32%), Vitamin B3: 0.77mg (3.86%)