



Cook the Book: Vegetable Tortilla



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

Ingredients



1 eggplant diced



8 eggs



1 bell pepper green halved seeded finely chopped



4 tablespoons olive oil



1 onion chopped



1 bell pepper red halved seeded finely chopped



4 servings salt



2 tomatoes diced red ripe peeled seeded

☐ 1 zucchini diced

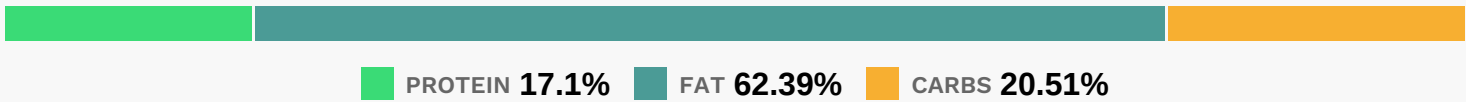
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in an 11-inch skillet or frying pan over low heat.
- ☐ Add the onion and pan-fry, stirring occasionally, for 4 minutes, then stir in the bell peppers, eggplant and zucchini.
- ☐ When everything is browned add the tomatoes, and let cook until the water has evaporated and the mixture has thickened. Beat the eggs vigorously with a pinch of salt in a large bowl. Increase the heat under the vegetables. Tip in the egg mixture and cook, gently shaking the skillet occasionally, until the underside is set and lightly browned. Invert the tortilla onto a lid of a pan or a plate, then gently slide it back into the skillet, cooked side up. Cook, gently shaking the skillet occasionally, until the underside is set and golden brown.
- ☐ Serve immediately or at room temperature, cut into wedges.
- ☐ Note: If you have any of this left over, it is tasty served cold with a little mayonnaise spread across the top.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:2.8, Inflammation Score:-9, Nutrition Score:23.789130376733%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 322.31kcal (16.12%), Fat: 23.02g (35.42%), Saturated Fat: 4.83g (30.19%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 10.76g (3.91%), Sugar: 10.34g (11.49%), Cholesterol: 327.36mg (109.12%), Sodium: 331.5mg (14.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.39%), Vitamin C: 83.75mg (101.51%), Vitamin A: 2153.93IU (43.08%), Selenium: 27.63µg (39.46%), Vitamin B2: 0.54mg (31.96%), Vitamin E: 4.26mg (28.4%), Vitamin B6: 0.56mg (28.05%), Manganese: 0.55mg (27.64%), Folate: 109.42µg (27.35%), Phosphorus: 256.76mg (25.68%), Fiber: 6.26g (25.04%), Potassium: 812.46mg (23.21%), Vitamin K: 23.43µg (22.32%), Vitamin B5: 1.98mg (19.83%), Iron: 2.52mg (13.99%), Vitamin B12: 0.78µg (13.05%), Magnesium: 51.47mg (12.87%), Copper: 0.25mg (12.7%), Vitamin D: 1.76µg (11.73%), Zinc: 1.74mg (11.6%), Vitamin B1: 0.17mg (11.36%), Vitamin B3: 1.86mg (9.31%), Calcium: 85.22mg (8.52%)