



Feta & pepper tortilla



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pasilla peppers red
- ☐ 3 medium potatoes
- ☐ 2 tbsp olive oil
- ☐ 8 eggs
- ☐ 100 g feta cheese

Equipment

- ☐ bowl
- ☐ frying pan



- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ spatula
- ☐ tongs

Directions

- ☐ Heat the grill to highest setting.
- ☐ Put the peppers on a baking tray and place about 5cm away from the element. Cook for 10–15 mins, turning with tongs every time a side becomes charred, until the peppers are black all over. Tip into a bowl and cover until cool. Peel off the skin with your fingers, then tear the peppers in half, scrape away the seeds with a knife and discard the stem.
- ☐ Cut into thick strips and set aside.
- ☐ Peel the potatoes and thinly slice into discs. Put half the oil and all the potatoes in a large, non-stick frying pan and place on a very low heat. Cook the potatoes very gently for 10–15 mins so they are just sizzling quietly. Use a wooden spatula to turn them occasionally while they are cooking. The potatoes are ready when they are tender and starting to break up. Set the potatoes aside.
- ☐ Crack the eggs into a bowl, season, then whisk together until the whites and yolks have mixed. Tip potatoes and peppers into the eggs and stir.
- ☐ Put the pan on a low heat with the remaining oil.
- ☐ Pour in the egg mixture and cook gently for about 5 mins, using a wooden spatula to ripple the cooked egg from the outside into the middle.
- ☐ Remove from the heat.
- ☐ Crumble the feta over the tortilla and place the pan under the grill. Cook for 4–5 mins until the top no longer wobbles and the cheese has browned. leave the tortilla to relax for a few mins, then use the spatula to lift it onto a board.
- ☐ Cut into wedges and serve.

Nutrition Facts



 **PROTEIN 18.65%**  **FAT 47.9%**  **CARBS 33.45%**

Properties

Glycemic Index:35.69, Glycemic Load:21.44, Inflammation Score:-9, Nutrition Score:26.115652042886%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 392.45kcal (19.62%), Fat: 21.07g (32.41%), Saturated Fat: 7.12g (44.51%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 28.34g (10.3%), Sugar: 4.07g (4.52%), Cholesterol: 349.61mg (116.54%), Sodium: 422.07mg (18.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.45g (36.91%), Vitamin C: 107.63mg (130.46%), Vitamin A: 2446.84IU (48.94%), Vitamin B6: 0.9mg (45%), Selenium: 31.3µg (44.72%), Vitamin B2: 0.71mg (42.05%), Phosphorus: 365.02mg (36.5%), Potassium: 935.1mg (26.72%), Folate: 102.29µg (25.57%), Vitamin B5: 2.25mg (22.52%), Vitamin B12: 1.21µg (20.1%), Calcium: 195.93mg (19.59%), Vitamin E: 2.93mg (19.55%), Fiber: 4.76g (19.06%), Iron: 3.24mg (18.02%), Manganese: 0.34mg (17.13%), Zinc: 2.47mg (16.45%), Vitamin B1: 0.23mg (15.58%), Magnesium: 59.19mg (14.8%), Vitamin B3: 2.58mg (12.9%), Copper: 0.25mg (12.7%), Vitamin D: 1.86µg (12.4%), Vitamin K: 10.88µg (10.36%)