



Muddled potato & mozzarella tortilla



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 800 g potatoes (with different flavourings from most supermarkets)
- ☐ 8 eggs beaten
- ☐ 4 vine ripened tomato (sliced)
- ☐ 150 g mozzarella cheese

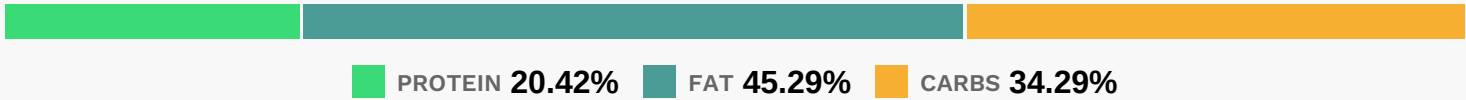
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat the oil in a large frying pan. Empty the potatoes into the pan, spread them out to cover the base, then fry for 5 minutes.
- ☐ Pour in the beaten eggs so they completely cover the potatoes, season well and leave the tortilla to cook on a medium heat for about 15–20 minutes, or until the base and edges have set.
- ☐ Grill to finish: Take the tortilla off the hob and place under a hot grill until the top is firm, then remove from the grill and scatter over the tomatoes and mozzarella.
- ☐ Put the tortilla back under the grill for a further 3–5 minutes, or until the tomatoes are soft and the cheese has melted. To serve, cut into thick wedges.

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:18.04, Inflammation Score:-7, Nutrition Score:17.853478307309%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 317.57kcal (15.88%), Fat: 16.12g (24.8%), Saturated Fat: 5.83g (36.41%), Carbohydrates: 27.45g (9.15%), Net Carbohydrates: 23.54g (8.56%), Sugar: 3.67g (4.08%), Cholesterol: 237.99mg (79.33%), Sodium: 252.25mg (10.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.35g (32.7%), Vitamin C: 37.5mg (45.46%), Selenium: 22.66µg (32.37%), Phosphorus: 300.34mg (30.03%), Vitamin B6: 0.57mg (28.4%), Potassium: 855.68mg (24.45%), Vitamin A: 1171.53IU (23.43%), Vitamin B2: 0.4mg (23.36%), Calcium: 183.35mg (18.33%), Vitamin B12: 1.09µg (18.2%), Manganese: 0.32mg (16.07%), Folate: 62.96µg (15.74%), Fiber: 3.92g (15.67%), Vitamin B5: 1.4mg (14.02%), Iron: 2.42mg (13.47%), Zinc: 2.01mg (13.42%), Magnesium: 51.73mg (12.93%), Vitamin K: 12.57µg (11.97%), Vitamin E: 1.79mg (11.94%), Copper: 0.24mg (11.87%), Vitamin B1: 0.17mg (11.2%), Vitamin B3: 1.96mg (9.81%), Vitamin D: 1.27µg (8.49%)