



## Potato and Chorizo Tortilla

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



191 kcal

SIDE DISH

### Ingredients

- 4 chorizo sausage cut fresh cut into slices
- 8 large eggs
- 0.5 juice of lemon juiced
- 12 servings kosher salt and pepper black freshly ground
- 0.5 cup milk
- 1 cup baby greens mixed for garnish
- 4 tablespoons olive oil extra-virgin
- 1 medium onion chopped

3 medium potatoes cubed peeled

## Equipment

bowl

frying pan

oven

whisk

cutting board

## Directions

Heat the oven to 375 degrees F.

Pour 3 tablespoons olive oil into a 12-inch non stick, ovenproof skillet over medium-high heat.

Add the chorizo and fry for 5 minutes; add the potato and onion and fry until the onions start to soften, about 5 minutes. Reduce the heat and cover the skillet; cook until the potatoes are tender, about 10 minutes.

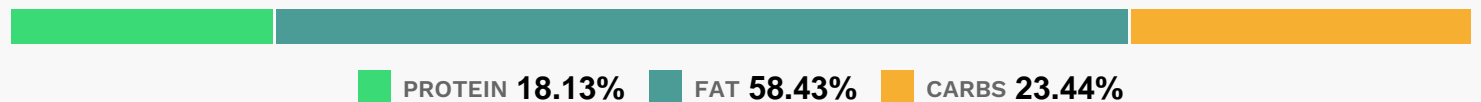
Remove the cover, raise the heat, and cook until the potatoes are brown and crispy, about another 5 minutes. Meanwhile break the eggs into a large bowl, add the milk, season with salt and pepper, and whisk until frothy.

Pour the egg mixture into the pan, shaking the pan to distribute the eggs evenly.

Put the pan into the oven and cook until puffy and set, about 12 to 15 minutes. Turn out onto a cutting board and let it cool to room temperature. Toss the baby greens with the remaining oil and lemon juice; season with salt and pepper.

Place the greens on top of the tortilla, cut it into thin wedges, and serve.

## Nutrition Facts



## Properties

Glycemic Index:15.06, Glycemic Load:7.19, Inflammation Score:-4, Nutrition Score:7.3421739702639%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

## **Nutrients (% of daily need)**

Calories: 191.27kcal (9.56%), Fat: 12.33g (18.97%), Saturated Fat: 4.42g (27.64%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 9.77g (3.55%), Sugar: 1.45g (1.61%), Cholesterol: 147.33mg (49.11%), Sodium: 56.06mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.22%), Vitamin C: 18.11mg (21.95%), Selenium: 10.65µg (15.22%), Vitamin B6: 0.23mg (11.72%), Phosphorus: 110.84mg (11.08%), Vitamin B2: 0.19mg (11.05%), Potassium: 307.21mg (8.78%), Vitamin A: 394.1IU (7.88%), Iron: 1.42mg (7.87%), Vitamin B5: 0.72mg (7.25%), Vitamin E: 1.04mg (6.91%), Folate: 27.43µg (6.86%), Manganese: 0.12mg (6.04%), Vitamin B12: 0.35µg (5.86%), Fiber: 1.36g (5.43%), Vitamin D: 0.78µg (5.19%), Magnesium: 19mg (4.75%), Calcium: 46.98mg (4.7%), Vitamin B1: 0.07mg (4.48%), Copper: 0.09mg (4.42%), Zinc: 0.65mg (4.34%), Vitamin K: 4.15µg (3.95%), Vitamin B3: 0.63mg (3.14%)