



# Salt and Vinegar Spanish Tortilla with Quick Cheaty Allioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



1648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 5 large eggs
- 1 serving pepper black freshly ground
- 0.5 cup mayonnaise
- 0.3 cup olive oil extra virgin extra-virgin
- 0.8 cup onion finely sliced
- 2.5 ounces salt kettle-style
- 2 teaspoons water

- 1 tablespoon citrus champagne vinegar

## Equipment

- bowl
- frying pan
- whisk
- pot
- kitchen towels
- spatula
- cutting board

## Directions

- Combine mayonnaise and garlic in a medium bowl.
- Whisking constantly, slowly drizzle in extra-virgin olive oil.
- Whisk in water. Season to taste with salt and pepper and set aside.
- Heat 2 tablespoons olive oil in a 10-inch nonstick or cast iron skillet over medium-high heat until shimmering.
- Add onions and cook, stirring frequently, until softened and just starting to brown.
- Transfer onions and oil to a large bowl.
- Add eggs and vinegar and whisk to combine. Season with 1/2 teaspoon salt and a few grinds black pepper. Fold in potato chips until they are well coated.
- Wipe out skillet and add remaining two tablespoons olive oil. Return to medium heat until shimmering.
- Add egg/potato chip mixture and cook, stirring with a rubber spatula, for 10 seconds. Shake pan to evenly distribute mixture, then even out top with the spatula. Cook, shaking pan occasionally, until tortilla is mostly set but still wet on the top, about 2 minutes.
- Place a large metal or glass pot lid over the tortilla. Using kitchen towels to grip the lid and the pan handle, carefully invert the entire tortilla so that it's resting on top of the pan lid. Slide tortilla back into skillet so that the cooked side is now facing up. Use the spatula to tuck down the edges and create an even disk shape. Continue to cook, shaking occasionally, until tortilla is golden brown on second side and barely cooked through, about 2 minutes longer. Slide

tortilla out onto cutting board.

- Cut into squares or wedges and serve immediately with allioli, or allow to cool and serve at room temperature.

## Nutrition Facts

**PROTEIN 8.24%** **FAT 88.42%** **CARBS 3.34%**

### Properties

Glycemic Index:109, Glycemic Load:2.81, Inflammation Score:-8, Nutrition Score:34.47347859196%

### Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 24.36mg, Quercetin: 24.36mg, Quercetin: 24.36mg, Quercetin: 24.36mg

### Nutrients (% of daily need)

Calories: 1647.56kcal (82.38%), Fat: 161.67g (248.73%), Saturated Fat: 28.43g (177.7%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 11.69g (4.25%), Sugar: 6.65g (7.39%), Cholesterol: 977.04mg (325.68%), Sodium: 28543.07mg (1241%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.91g (67.82%), Vitamin K: 216.46µg (206.15%), Selenium: 80µg (114.29%), Vitamin E: 14.1mg (94%), Vitamin B2: 1.2mg (70.37%), Phosphorus: 554.68mg (55.47%), Vitamin B5: 4.17mg (41.74%), Vitamin B12: 2.36µg (39.32%), Folate: 145.92µg (36.48%), Vitamin D: 5.22µg (34.83%), Iron: 5.48mg (30.42%), Vitamin B6: 0.58mg (28.91%), Vitamin A: 1425.75IU (28.51%), Zinc: 3.67mg (24.5%), Calcium: 195.75mg (19.58%), Manganese: 0.32mg (16.16%), Potassium: 555.99mg (15.89%), Copper: 0.27mg (13.69%), Magnesium: 44.7mg (11.17%), Vitamin B1: 0.17mg (11.1%), Vitamin C: 8.95mg (10.85%), Fiber: 2.07g (8.26%), Vitamin B3: 0.33mg (1.64%)