



Shrimp and Potato Chip Tortilla

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



438 kcal

SIDE DISH

Ingredients

- 1 Leaves cilantro leaves chopped
- 1 serving pepper black freshly ground
- 2 eggs
- 4 teaspoons olive oil extra virgin extra-virgin as needed plus more
- 0.3 teaspoon pimenton de la vera smoked spanish (paprika)
- 1 ounce potato chips salted
- 1 serving sea salt
- 1 medium shallots thinly sliced

Equipment

- bowl
- frying pan
- whisk
- spatula
- skewers
- slotted spoon
- oven mitt

Directions

- In a small bowl, whisk together the eggs, a light sprinkling of salt and pepper, and the pimenton. Lightly crush the potato chips in the bag. Stir them into the eggs and let the mixture sit until the potato chips are soft, 5 to 10 minutes.
- Pour 2 teaspoons of the oil into a very small skillet over medium heat. When the oil starts to shimmer, add the shallot. Cook, stirring occasionally, until the shallot is soft and starts to brown, 3 to 4 minutes. Use a slotted spoon to transfer the shallot to a plate to cool. When cool, stir the shallot into the egg mixture. Stir in the cilantro and shrimp until thoroughly combined. With the skillet still over medium heat, pour in the remaining 2 teaspoons oil. When it starts to shimmer, pour in the tortilla mixture.
- Let it cook undisturbed for a minute or two, then shake the pan back and forth and run a thin spatula around the edges of the tortilla. If there is loose, runny egg, lift an edge of the tortilla with the spatula and tilt the pan to let the liquid egg run underneath. Cook until the top of the tortilla is still wet but no longer a runny liquid, 3 to 5 minutes or longer, depending on the size of the pan. Run the spatula around the edges of the tortilla and then all the way underneath it to make sure the bottom is not sticking. If your spatula is large enough, use it to flip the tortilla in the pan. Alternatively, take a plate slightly larger than the skillet and invert it on top of the skillet. Using oven mitts, grab both sides of the skillet, also holding the plate, and quickly and decisively turn both skillet and plate upside down, inverting the tortilla onto the plate and removing the skillet. If the skillet looks dry, add another teaspoon or so of olive oil, and when it starts to shimmer, slide the tortilla back into the skillet, uncooked side down. Shake the skillet to straighten the tortilla, decrease the heat to low, and continue cooking until a skewer inserted into the center comes out dry, 2 to 3 minutes. Invert the tortilla onto a plate again, let it cool for a few minutes, and eat. Note: If you don't have a very small skillet, this will still work;

it won't be as thick as a Spanish tortilla and will instead be closer to a frittata.Reprinted with permission from

Serve Yourself: Nightly Adventures in Cooking for One by Joe Yonan. Copyright 201

Published by Ten Speed Press, a division of Random House, Inc.Photo credit for book cover: Ed Anderson © 2011

Nutrition Facts

 **PROTEIN 12.29%**  **FAT 69.26%**  **CARBS 18.45%**

Properties

Glycemic Index:94, Glycemic Load:1.04, Inflammation Score:-5, Nutrition Score:15.793478198673%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 437.99kcal (21.9%), Fat: 34.11g (52.48%), Saturated Fat: 5.94g (37.15%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 18.53g (6.74%), Sugar: 2.43g (2.7%), Cholesterol: 327.36mg (109.12%), Sodium: 480.15mg (20.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.62g (27.25%), Vitamin E: 6.4mg (42.69%), Selenium: 28.14µg (40.2%), Vitamin B5: 2.67mg (26.65%), Vitamin B2: 0.44mg (25.8%), Phosphorus: 234.75mg (23.48%), Vitamin B6: 0.4mg (19.93%), Vitamin K: 20.15µg (19.19%), Potassium: 561.62mg (16.05%), Manganese: 0.31mg (15.59%), Folate: 58.86µg (14.71%), Vitamin A: 692.48IU (13.85%), Iron: 2.41mg (13.38%), Vitamin B12: 0.78µg (13.05%), Vitamin D: 1.76µg (11.73%), Zinc: 1.57mg (10.48%), Vitamin C: 8.4mg (10.18%), Magnesium: 34.85mg (8.71%), Copper: 0.16mg (8.02%), Vitamin B3: 1.54mg (7.68%), Fiber: 1.91g (7.62%), Vitamin B1: 0.11mg (7.51%), Calcium: 67.53mg (6.75%)