



SPANISH OMELET (TORTILLA ESPANOLA)



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 4 eggs
- ☐ 4 tablespoons parsley fresh chopped
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup onion thinly sliced
- ☐ 1 teaspoon paprika
- ☐ 2 big potatoes white peeled thinly sliced
- ☐ 4 servings salt

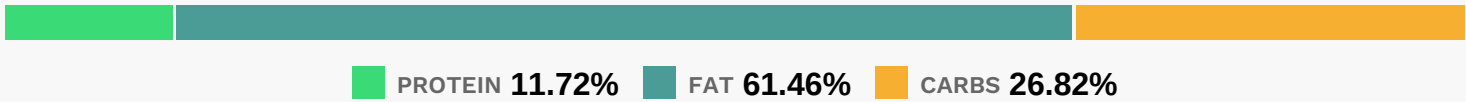
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ In a medium non-stick pan, heat the olive oil over medium heat.
- ☐ Add the potato slices in a single layer and fry about 4 minutes on each side or until tender. With a slotted spoon, transfer the potatoes to a plate lined with paper towel, set aside.
- ☐ Add the onions to the pan and cook for about 5 minutes or until translucent. When the onions are cooking, in a medium bowl beat the eggs.
- ☐ Add the fried potatoes, parsley, paprika and salt and let it rest for 1 minute.
- ☐ Add the potatoes and egg mixture to the pan, decrease the heat to medium low, shake the pan gently to be sure the omelet doesn't stick, cook about 4 minutes.
- ☐ Place a large plate on top of the pan. Flip over the pan so that the tortilla transfers to the plate. Very carefully slide the tortilla back to the pan so as to cook the other side and continue cooking for 3 more minutes or until done.
- ☐ Transfer the tortilla to a large plate.
- ☐ Let it rest for 5 minutes and cut into slices.
- ☐ Serve warm or cold, either way is delicious.

Nutrition Facts



Properties

Glycemic Index:39.44, Glycemic Load:11.34, Inflammation Score:-6, Nutrition Score:13.719565142756%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

4.67mg

Nutrients (% of daily need)

Calories: 258.56kcal (12.93%), Fat: 17.88g (27.5%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 15.04g (5.47%), Sugar: 1.76g (1.95%), Cholesterol: 163.68mg (54.56%), Sodium: 265.02mg (11.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.34%), Vitamin K: 75.96µg (72.34%), Vitamin C: 23.55mg (28.54%), Selenium: 13.9µg (19.86%), Vitamin B6: 0.36mg (18.19%), Vitamin E: 2.59mg (17.29%), Vitamin A: 822.93IU (16.46%), Phosphorus: 145.26mg (14.53%), Vitamin B2: 0.24mg (14.34%), Potassium: 481.51mg (13.76%), Folate: 44.4µg (11.1%), Iron: 1.91mg (10.59%), Fiber: 2.52g (10.07%), Vitamin B5: 0.98mg (9.79%), Manganese: 0.18mg (9.15%), Magnesium: 29.73mg (7.43%), Copper: 0.14mg (7.05%), Vitamin B1: 0.1mg (6.66%), Vitamin B12: 0.39µg (6.53%), Zinc: 0.91mg (6.09%), Vitamin D: 0.88µg (5.87%), Vitamin B3: 1.05mg (5.27%), Calcium: 46.36mg (4.64%)