



WHATSheATe



Spanish Potato and Egg "Tortilla"



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



685 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baking potatoes peeled very thinly sliced (2 to 3 large)
- ☐ 0.3 teaspoon pepper black
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 6 large eggs
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 cup olive oil extra virgin extra-virgin
- ☐ 1 medium onion thinly sliced
- ☐ 1 tablespoon red wine vinegar

- ☐ 1.5 tablespoons roasted peppers (from jar of peppers)
- ☐ 0.5 cup roasted peppers red with garlic packed in olive oil drained
- ☐ 1 tablespoon water

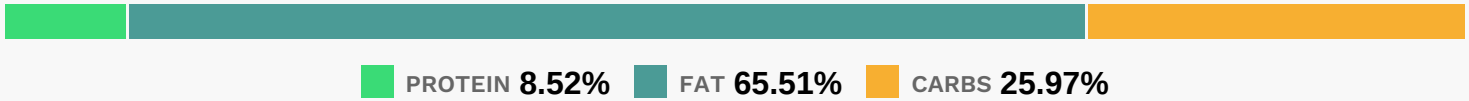
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Put oil, onion and potato in a heavy, 10-inch skillet; cook over medium heat, turning occasionally, until tender, 15 to 20 minutes.
- ☐ Preheat broiler. Beat together eggs, water, salt and pepper; pour over potato mixture.
- ☐ Spread out entire mixture, then cook over low heat until bottom is lightly browned, about 10 minutes.
- ☐ Broil tortilla in upper third of oven until set in center and golden on top, 6 to 8 minutes.
- ☐ While tortilla is cooking, make red pepper sauce. Put red peppers in a food processor and process until smooth. With motor running, gradually pour oil and vinegar into red pepper puree. Season with pepper.
- ☐ Cut tortilla into wedges; serve warm or room temperature with red pepper sauce on side.

Nutrition Facts



Properties

Glycemic Index:43.94, Glycemic Load:32.83, Inflammation Score:-6, Nutrition Score:21.270869586779%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 684.73kcal (34.24%), Fat: 50.62g (77.87%), Saturated Fat: 8.39g (52.46%), Carbohydrates: 45.14g (15.05%), Net Carbohydrates: 41.39g (15.05%), Sugar: 2.85g (3.17%), Cholesterol: 279mg (93%), Sodium: 726.51mg (31.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.82g (29.63%), Vitamin B6: 0.98mg (49.23%), Vitamin E: 7.04mg (46.93%), Selenium: 24.15µg (34.5%), Potassium: 1127.98mg (32.23%), Vitamin C: 25.7mg (31.15%), Vitamin K: 30.79µg (29.33%), Phosphorus: 286.48mg (28.65%), Vitamin B2: 0.43mg (25.43%), Manganese: 0.48mg (24.03%), Iron: 3.79mg (21.05%), Folate: 75.95µg (18.99%), Vitamin B5: 1.88mg (18.78%), Magnesium: 67.03mg (16.76%), Copper: 0.33mg (16.62%), Vitamin B1: 0.23mg (15.64%), Fiber: 3.75g (15%), Vitamin B3: 2.56mg (12.82%), Zinc: 1.72mg (11.46%), Vitamin B12: 0.67µg (11.13%), Vitamin A: 528.88IU (10.58%), Vitamin D: 1.5µg (10%), Calcium: 89.2mg (8.92%)