



Spanish Potato and Spinach Tortilla with Red Pepper Sauce



Vegetarian



Gluten Free

READY IN



28 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 2 cups baby spinach
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon chop roasted peanuts coarsely chopped
- ☐ 2 large egg whites
- ☐ 6 large eggs
- ☐ 2 garlic clove crushed
- ☐ 0.1 teaspoon ground pepper red

- ☐ 2 tablespoons half and half
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 8 ounces potatoes – remove skin red cut into (1/8-inch-thick) slices (2 medium)
- ☐ 3 ounces roasted peppers red rinsed drained
- ☐ 1 cup water

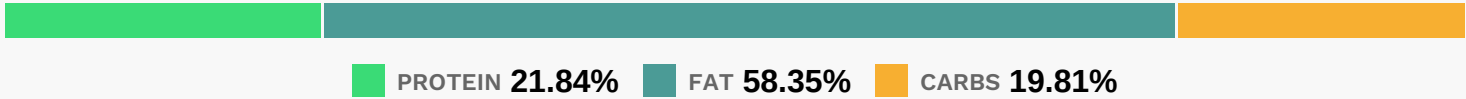
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Combine bell peppers, almonds, 1 tablespoon oil, 1/4 teaspoon salt, red pepper, and garlic in a food processor; pulse until smooth. Set aside.
- ☐ Combine the potatoes and 1 cup water in a skillet over medium-high heat. Bring to a boil. Cover, reduce heat to low, and simmer 4 minutes or until potatoes are just tender.
- ☐ Drain.
- ☐ Combine half-and-half, remaining 1/2 teaspoon salt, black pepper, eggs, and egg whites in a medium bowl, stirring well with a whisk.
- ☐ Heat a 10-inch ovenproof skillet over medium-high heat.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add potatoes to pan; saut 4 minutes or until browned.
- ☐ Add spinach; saut for 1 minute or until spinach wilts. Reduce heat to medium-low.
- ☐ Add egg mixture to pan; cover and cook for 4 minutes, gently shaking pan occasionally. Broil tortilla 4 minutes or until top is lightly browned and center is set. Cool slightly; serve with red pepper sauce.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.24, Inflammation Score:-8, Nutrition Score:18.483912841133%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 252.24kcal (12.61%), Fat: 16.49g (25.37%), Saturated Fat: 4.08g (25.5%), Carbohydrates: 12.6g (4.2%), Net Carbohydrates: 10.73g (3.9%), Sugar: 1.64g (1.83%), Cholesterol: 281.63mg (93.88%), Sodium: 901.3mg (39.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.79%), Vitamin K: 79.12µg (75.35%), Vitamin A: 1980.14IU (39.6%), Selenium: 27.53µg (39.32%), Vitamin B2: 0.49mg (28.8%), Vitamin C: 19.56mg (23.71%), Phosphorus: 216.24mg (21.62%), Folate: 81.42µg (20.36%), Manganese: 0.38mg (19.14%), Vitamin B6: 0.33mg (16.4%), Potassium: 539.62mg (15.42%), Vitamin E: 2.27mg (15.13%), Vitamin B5: 1.43mg (14.26%), Iron: 2.46mg (13.65%), Vitamin B12: 0.7µg (11.61%), Magnesium: 44.18mg (11.04%), Copper: 0.21mg (10.51%), Vitamin D: 1.5µg (10%), Zinc: 1.4mg (9.37%), Calcium: 87.9mg (8.79%), Fiber: 1.87g (7.48%), Vitamin B1: 0.1mg (6.88%), Vitamin B3: 1.34mg (6.69%)