



Spanish Potato Tortilla



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



8

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 10 large eggs
- ☐ 1 leaf parsley
- ☐ 1.5 tsp kosher salt
- ☐ 5 tbsp olive oil extra virgin extra-virgin divided
- ☐ 1 tsp pepper
- ☐ 2 large baking potatoes peeled ()
- ☐ 8 servings frangelico
- ☐ 8 servings frangelico

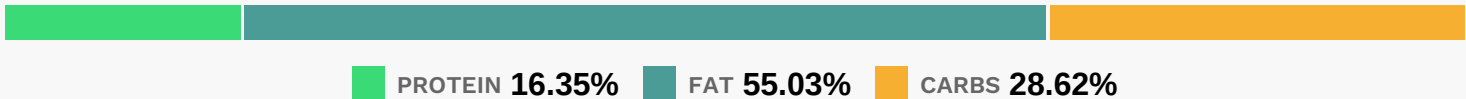
Equipment

- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 30
- ☐ Cut half a potato into about 1/8-in.-thick slices.
- ☐ Heat 1 tbsp. oil in a seasoned 10-in. cast-iron skillet or ovenproof nonstick frying pan over medium-low heat.
- ☐ Add a layer of potatoes and sprinkle with some salt and pepper. Cook, turning once, until potato slices are just tender and only barely browned, 5 to 8 minutes.
- ☐ Transfer from pan to a plate. Repeat cutting and cooking with half a potato at a time, salt, and pepper, adding additional oil as needed.
- ☐ Add 1 more tbsp. oil to pan and increase heat to medium.
- ☐ Layer all the potatoes in pan; pour eggs on top. Cook until underside is golden, 3 to 5 minutes.
- ☐ Bake until eggs are set when pan is shaken, about 20 minutes.
- ☐ Let tortilla stand at least 10 minutes. Loosen from pan with a flexible spatula. Gently invert tortilla onto a platter or board.
- ☐ Sprinkle with parsley.
- ☐ Cut into wedges and serve warm or at room temperature with romesco.
- ☐ Make ahead: Up to 3 hours; serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:13.14, Inflammation Score:-3, Nutrition Score:10.401304286459%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 240.27kcal (12.01%), Fat: 14.78g (22.73%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 16.02g (5.83%), Sugar: 0.81g (0.9%), Cholesterol: 232.5mg (77.5%), Sodium: 529.68mg (23.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.76%), Selenium: 19.57µg (27.96%), Vitamin B6: 0.43mg (21.27%), Vitamin B2: 0.32mg (18.63%), Phosphorus: 174.96mg (17.5%), Potassium: 475.13mg (13.57%), Vitamin E: 1.93mg (12.86%), Vitamin B5: 1.24mg (12.4%), Iron: 1.97mg (10.95%), Folate: 42.52µg (10.63%), Manganese: 0.2mg (9.78%), Vitamin B12: 0.56µg (9.27%), Vitamin K: 9.57µg (9.12%), Vitamin D: 1.25µg (8.33%), Magnesium: 29.22mg (7.3%), Zinc: 1.08mg (7.19%), Copper: 0.14mg (7.19%), Vitamin A: 350.32IU (7.01%), Vitamin B1: 0.1mg (6.73%), Vitamin C: 5.42mg (6.58%), Fiber: 1.27g (5.07%), Vitamin B3: 1.01mg (5.03%), Calcium: 48.63mg (4.86%)