



Spanish Tortilla



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 large eggs
- ☐ 2 tablespoons olive oil
- ☐ 8 oz onion peeled halved thinly sliced
- ☐ 0.5 teaspoon pepper
- ☐ 2 pounds potatoes – remove skin peeled sliced into 1/8-inch-thick rounds
- ☐ 0.8 teaspoon salt

Equipment

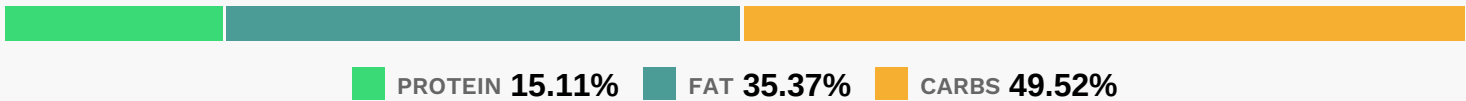
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Pour olive oil into a 10- to 12-inch nonstick ovenproof frying pan over medium-high heat; when hot, add onion and stir often until limp, about 5 minutes.
- ☐ Add potatoes, 1/2 teaspoon salt, and 1/4 teaspoon pepper; mix to coat.
- ☐ Add 1/3 cup water and bring to a boil; reduce heat to medium, cover, and cook until potatoes are tender when pierced, about 10 minutes. If any liquid remains in pan, boil, uncovered, until evaporated, 1 to 2 minutes.
- ☐ Meanwhile, in a large bowl, beat eggs with 1/4 teaspoon salt and 1/4 teaspoon pepper to blend.
- ☐ Add potato mixture and mix gently.
- ☐ Place unwashed frying pan over medium-high heat; when hot, pour in egg mixture. Reduce heat to medium-low and cook until eggs begin to set and bottom is lightly browned, 5 to 8 minutes.
- ☐ Transfer pan to oven and broil tortilla about 6 inches from heat until top is set, 3 to 5 minutes. Run a spatula between tortilla and pan to loosen; invert tortilla onto a plate.
- ☐ Cut into wedges and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.2, Inflammation Score:-6, Nutrition Score:17.153478269992%

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 Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.98mg, Quercetin: 12.98mg, Quercetin: 12.98mg, Quercetin: 12.98mg

Nutrients (% of daily need)

Calories: 333.32kcal (16.67%), Fat: 13.33g (20.5%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 41.97g (13.99%), Net Carbohydrates: 37.08g (13.48%), Sugar: 5.56g (6.18%), Cholesterol: 232.5mg (77.5%), Sodium: 568.06mg (24.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.81g (25.62%), Potassium: 1204.44mg (34.41%), Selenium: 20.62µg (29.45%), Vitamin C: 23.7mg (28.73%), Vitamin B6: 0.56mg (28.03%), Phosphorus: 278.93mg (27.89%), Manganese: 0.44mg (22.17%), Vitamin B2: 0.37mg (21.86%), Folate: 81.01µg (20.25%), Fiber: 4.88g (19.53%), Copper: 0.37mg (18.73%), Vitamin B5: 1.66mg (16.64%), Iron: 2.94mg (16.31%), Magnesium: 63.5mg (15.88%), Vitamin B1: 0.24mg (15.67%), Vitamin B3: 2.72mg (13.61%), Vitamin E: 1.7mg (11.34%), Vitamin K: 11.61µg (11.06%), Zinc: 1.66mg (11.03%), Vitamin B12: 0.56µg (9.27%), Vitamin D: 1.25µg (8.33%), Calcium: 72.17mg (7.22%), Vitamin A: 355.88IU (7.12%)