



Spanish Tortilla



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 large eggs beaten to blend
- ☐ 2.5 teaspoons kosher salt
- ☐ 1.5 cups olive oil extra-virgin
- ☐ 1 onion thinly sliced quartered
- ☐ 2 pounds yukon gold potatoes peeled quartered cut into 1/4" slices

Equipment

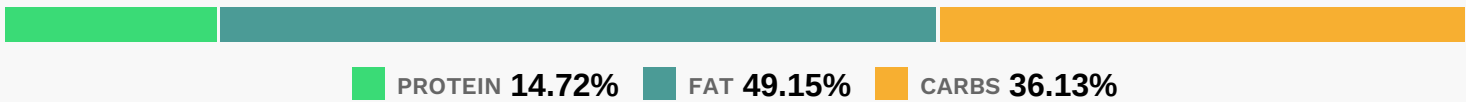
- ☐ frying pan
- ☐ oven

- ☐ broiler
- ☐ spatula
- ☐ measuring cup
- ☐ slotted spoon
- ☐ oven mitt

Directions

- ☐ Heat oil in a large ovenproof skillet over medium heat.
- ☐ Add potatoes, onion, and salt. Use a heatproof spatula to coat potatoes with oil. When oil begins to bubble, reduce heat to medium-low and cook, turning frequently, until potatoes are tender but not browned, 20–25 minutes.
- ☐ Using a slotted spoon, transfer potatoes and onion to a large heatproof bowl.
- ☐ Add eggs and stir gently to combine; do not break up potatoes. Strain oil into a glass measuring cup; wipe out skillet.
- ☐ Heat 3 tablespoons reserved oil from measuring cup in skillet over medium-high heat.
- ☐ Add egg-potato mixture and cook, stirring constantly but gently to keep potatoes intact, until eggs begin to set (eggs will look scrambled), about 2 minutes.
- ☐ Spread mixture in an even layer; reduce heat to medium-low. Preheat broiler to high.
- ☐ Cook tortilla, shaking pan occasionally to prevent it from sticking, until eggs are nearly cooked through, about 12 minutes.
- ☐ Transfer skillet to oven and broil until top of tortilla is just cooked, about 2 minutes.
- ☐ Remove from oven. Invert a large plate over skillet. Using oven mitts (skillet and potatoes will be very hot; use caution), hold plate firmly over skillet and flip, releasing tortilla onto plate.
- ☐ Let sit at room temperature for at least 20 minutes and up to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:13.84, Glycemic Load:14.79, Inflammation Score:-4, Nutrition Score:11.075217371402%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 235.92kcal (11.8%), Fat: 12.97g (19.96%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 18.73g (6.81%), Sugar: 1.65g (1.84%), Cholesterol: 186mg (62%), Sodium: 805.23mg (35.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.48%), Vitamin C: 23.36mg (28.31%), Selenium: 15.76µg (22.52%), Vitamin B6: 0.44mg (21.8%), Phosphorus: 167.62mg (16.76%), Potassium: 566.71mg (16.19%), Vitamin B2: 0.27mg (15.79%), Vitamin E: 1.71mg (11.37%), Vitamin B5: 1.12mg (11.19%), Folate: 44.26µg (11.06%), Fiber: 2.73g (10.91%), Manganese: 0.21mg (10.36%), Iron: 1.84mg (10.22%), Magnesium: 33.48mg (8.37%), Copper: 0.16mg (8.22%), Vitamin B1: 0.12mg (7.8%), Vitamin B12: 0.44µg (7.42%), Vitamin K: 7.24µg (6.89%), Vitamin D: 1µg (6.67%), Zinc: 1mg (6.66%), Vitamin B3: 1.25mg (6.24%), Vitamin A: 272.54IU (5.45%), Calcium: 45.3mg (4.53%)