



## Spanish Tortilla



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



2

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 eggs beaten
- ☐ 2 yukon gold potatoes
- ☐ 2 green onions light chopped (or)
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 servings salt

## Equipment

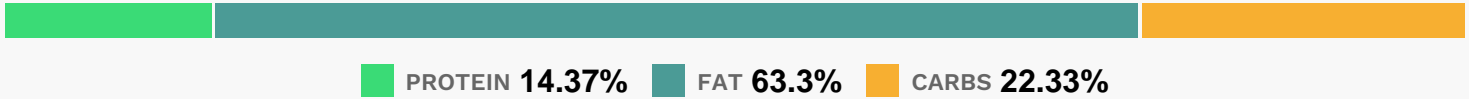
- ☐ frying pan
- ☐ paper towels

- ☐ oven
- ☐ mandoline
- ☐ broiler
- ☐ stove
- ☐ pot holder

## Directions

- ☐ Slice potatoes: Slice the potatoes (peeled or unpeeled) into disks between 1/4 and 1/8 inch wide. (Helps to use a mandoline for this purpose.)
- ☐ Pour the olive oil into a cast-iron or hard anodized aluminum pan (a pan that will be able to take the heat of a broiler in the oven) and heat it over medium-high heat. When it is hot enough to sizzle the potatoes as soon as they hit the oil – test with an end piece – start frying them in one layer.
- ☐ Working in batches, fry until they are lightly browned, not crispy. When they are done, let the potatoes dry on a paper towel and salt them well. Keep frying until they are all cooked.
- ☐ Sauté onions, arrange fried potato slices on top: When the potatoes are all done, pour off all but a tablespoon of the oil and sauté the onions. When the onions are just starting to crisp, turn off the heat.
- ☐ Arrange the onions so they are evenly covering the bottom of the pan.
- ☐ Arrange the potatoes on top of the onions in a scalloped pattern.
- ☐ Add beaten eggs: Return the heat to medium, and add the beaten eggs.
- ☐ Add a generous pinch of salt. Shake the pan to get the eggs to coat everything in the pan.
- ☐ Let this cook until you see the edges of the tortilla begin to set, then put the pan under the broiler.
- ☐ Broil to brown the top: Cook it under the broiler for 5 minutes, or until the top browns. (If you prefer to finish the tortilla on the stovetop instead of the broiler, slide the tortilla out of the pan onto a plate. Then invert the pan over the plate, and flip the whole thing, pan and plate so that the tortilla falls back into the pan, less-cooked side down.)
- ☐ Remove the pan and set it to cool for at least 5 minutes. (Be careful, the handle is hot! Drape with a potholder.)
- ☐ Cut into wedges and serve. It's also good at room temperature, and will keep a couple days in the fridge.

# Nutrition Facts



## Properties

Glycemic Index:57.88, Glycemic Load:21.92, Inflammation Score:-6, Nutrition Score:24.069130565809%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

## Nutrients (% of daily need)

Calories: 562.18kcal (28.11%), Fat: 39.73g (61.12%), Saturated Fat: 7.91g (49.41%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 27.48g (9.99%), Sugar: 2.09g (2.33%), Cholesterol: 491.04mg (163.68%), Sodium: 393.89mg (17.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.29g (40.57%), Selenium: 41.11µg (58.72%), Vitamin C: 35.75mg (43.33%), Vitamin K: 44.72µg (42.59%), Vitamin B2: 0.67mg (39.25%), Vitamin B6: 0.73mg (36.66%), Phosphorus: 362.7mg (36.27%), Vitamin E: 5.36mg (35.71%), Potassium: 931.29mg (26.61%), Vitamin B5: 2.54mg (25.36%), Folate: 96.92µg (24.23%), Iron: 3.97mg (22.04%), Vitamin B12: 1.17µg (19.58%), Vitamin D: 2.64µg (17.6%), Vitamin A: 835.84IU (16.72%), Fiber: 4.05g (16.21%), Manganese: 0.32mg (15.84%), Zinc: 2.24mg (14.95%), Copper: 0.29mg (14.44%), Magnesium: 57.35mg (14.34%), Vitamin B1: 0.2mg (13.03%), Calcium: 103.35mg (10.34%), Vitamin B3: 1.95mg (9.77%)