



Spanish Tortilla (Tortilla de Patatas)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baking potato peeled thinly sliced
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers drained
- ☐ 6 large egg whites
- ☐ 3 large eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons olive oil
- ☐ 1.3 cups onion chopped

- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 1 cup bell pepper red chopped
- ☐ 0.3 teaspoon salt

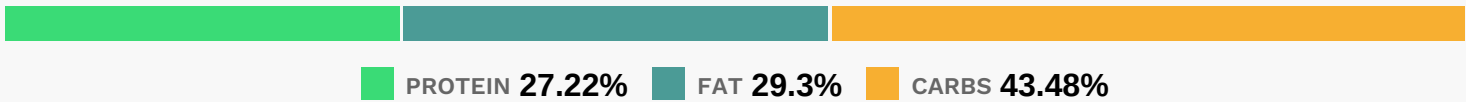
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add potato, onion, and bell pepper. Cook 8 minutes or until onion is tender and potato just begins to brown, stirring occasionally.
- ☐ Coat a 3-quart electric slow cooker with cooking spray.
- ☐ Place potato mixture in slow cooker.
- ☐ Combine eggs and next 3 ingredients (through black pepper), stirring with a whisk.
- ☐ Pour egg mixture over vegetables in slow cooker. Cover and cook on LOW for 2 1/2 hours or just until egg is set in center.
- ☐ Turn off slow cooker.
- ☐ Let stand, covered, 10 minutes.
- ☐ Sprinkle with cheese, parsley, and capers.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:58.69, Glycemic Load:12.3, Inflammation Score:-9, Nutrition Score:17.033043446748%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 5.64mg, Kaempferol: 5.64mg, Kaempferol: 5.64mg, Kaempferol: 5.64mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 17.82mg, Quercetin: 17.82mg, Quercetin: 17.82mg, Quercetin: 17.82mg

Nutrients (% of daily need)

Calories: 199.38kcal (9.97%), Fat: 6.58g (10.12%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 19.05g (6.93%), Sugar: 4.84g (5.37%), Cholesterol: 141.2mg (47.07%), Sodium: 440.16mg (19.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.75g (27.51%), Vitamin C: 58.73mg (71.19%), Vitamin K: 38.94µg (37.09%), Selenium: 22.64µg (32.35%), Vitamin A: 1565.51IU (31.31%), Vitamin B2: 0.48mg (27.99%), Vitamin B6: 0.5mg (25.15%), Potassium: 620mg (17.71%), Phosphorus: 167.38mg (16.74%), Folate: 61.55µg (15.39%), Manganese: 0.28mg (14.16%), Fiber: 2.92g (11.68%), Vitamin B5: 1.1mg (11.02%), Iron: 1.86mg (10.34%), Magnesium: 40.85mg (10.21%), Vitamin E: 1.35mg (8.98%), Vitamin B1: 0.13mg (8.45%), Calcium: 84.27mg (8.43%), Copper: 0.16mg (8.25%), Vitamin B12: 0.41µg (6.81%), Vitamin B3: 1.34mg (6.72%), Zinc: 1.01mg (6.71%), Vitamin D: 0.76µg (5.08%)