



Spanish Tortilla with Almond Romesco

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pounds baking potatoes peeled cut into 1/8-inch-thick slices
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 cup egg substitute
- ☐ 3 large eggs
- ☐ 1 teaspoon olive oil extravirgin

- ☐ 2 teaspoons olive oil extravirgin
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon paprika
- ☐ 0.5 cup plum tomatoes seeded chopped
- ☐ 1 medium bell pepper red
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt divided
- ☐ 2 tablespoons slivered almonds toasted
- ☐ 2 tablespoons water
- ☐ 1 ounce sandwich bread white toasted

Equipment

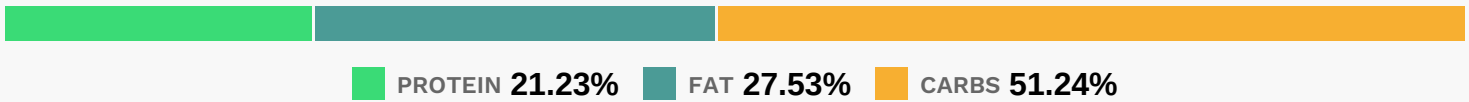
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ spatula

Directions

- ☐ Preheat broiler.
- ☐ To prepare romesco, cut bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place bell pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 6 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.

- ☐ Let stand 20 minutes. Peel and chop bell pepper.
- ☐ Place the chopped bell pepper in a food processor.
- ☐ Add tomato and next 10 ingredients (tomato through bread); process mixture until smooth.
- ☐ Preheat oven to 35
- ☐ To prepare tortilla, combine potato slices and 2 teaspoons olive oil on a jelly roll pan coated with cooking spray. Arrange potato slices in a single layer; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Bake potatoes at 350 for 40 minutes or until tender, turning after 20 minutes.
- ☐ Remove potato slices from oven.
- ☐ Preheat broiler.
- ☐ Combine egg substitute and eggs in a large bowl; stir with a whisk until foamy (about 2 minutes). Stir in potato slices, 1/4 teaspoon salt, and 1/4 teaspoon black pepper.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Pour egg mixture into pan, spreading potatoes in an even layer with a spatula. Reduce heat to medium; cook 4 minutes or until edges are set and bottom is lightly browned. Wrap handle of skillet with foil; broil 4 minutes or until set.
- ☐ Remove from oven; invert onto a serving platter. Cool at least 5 minutes or to room temperature before serving with romesco sauce.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:9.18, Inflammation Score:-5, Nutrition Score:8.0230434562849%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg,

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Nutrients (% of daily need)

Calories: 103.23kcal (5.16%), Fat: 3.23g (4.97%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 12.1g (4.4%), Sugar: 1.7g (1.89%), Cholesterol: 46.5mg (15.5%), Sodium: 218.7mg (9.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.21%), Vitamin C: 17.46mg (21.16%), Selenium: 13.01µg (18.59%), Vitamin B6: 0.29mg (14.61%), Vitamin A: 594.69IU (11.89%), Vitamin B2: 0.19mg (11.22%), Potassium: 364.29mg (10.41%), Manganese: 0.2mg (9.89%), Phosphorus: 87.33mg (8.73%), Vitamin E: 1.3mg (8.66%), Iron: 1.38mg (7.67%), Vitamin B5: 0.76mg (7.63%), Vitamin B1: 0.1mg (6.74%), Folate: 26.53µg (6.63%), Magnesium: 25.71mg (6.43%), Fiber: 1.43g (5.71%), Copper: 0.1mg (5.2%), Vitamin B3: 0.98mg (4.87%), Zinc: 0.65mg (4.33%), Calcium: 41.93mg (4.19%), Vitamin D: 0.57µg (3.8%), Vitamin K: 3.33µg (3.18%), Vitamin B12: 0.18µg (2.99%)