



Spanish Tortilla with Corn, Tomato, and Potato

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup basil thinly sliced
- 9 large eggs
- 1.5 cups fingerling potatoes diced
- 1 cup ears corn fresh (2 ears)
- 4 garlic peeled thinly sliced
- 2 cups grape tomatoes
- 5 tablespoons olive oil divided
- 0.5 cup parmesan cheese divided grated

0.5 teaspoon pepper

0.8 teaspoon salt

Equipment

bowl

frying pan

whisk

broiler

spatula

slotted spoon

Directions

Whisk together first 4 ingredients and 1/4 cup Parmesan in a large bowl; set aside.

Heat 1 tablespoon oil over low heat in a 10-inch heavy, ovenproof skillet.

Add garlic, and cook 1 minute or until golden; transfer to a large bowl with a slotted spoon.

Add 3 tablespoons oil to skillet, increase heat to medium-high, and cook potatoes, stirring occasionally, 7 minutes or until tender.

Transfer to bowl with garlic.

Add corn; cook 1 minute or until heated through.

Transfer to bowl with garlic and potatoes.

Add 1 tablespoon oil to skillet. Stir in tomatoes, and cook, stirring frequently, 3 to 5 minutes or until they begin to brown and the skins split.

Add reserved potato mixture to skillet, and spread evenly over bottom.

Preheat broiler.

Pour egg mixture over vegetables. Cook about 4 minutes, lifting up eggs around the edges. Reduce heat to medium, cover, and cook about 5 more minutes. (The center will still be moist.)

Remove lid, and broil 4 minutes or until eggs are set; sprinkle top with remaining cheese, and broil 2 to 3 minutes or until golden brown. Loosen edges with a spatula before cutting into serving pieces.

Nutrition Facts

PROTEIN 18.05% FAT 62.24% CARBS 19.71%

Properties

Glycemic Index:31.72, Glycemic Load:4.14, Inflammation Score:-5, Nutrition Score:11.101304365241%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 230.94kcal (11.55%), Fat: 16.22g (24.95%), Saturated Fat: 4.02g (25.11%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 10.03g (3.65%), Sugar: 2.57g (2.85%), Cholesterol: 214.69mg (71.56%), Sodium: 414.05mg (18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.16%), Selenium: 19.87µg (28.39%), Phosphorus: 195.43mg (19.54%), Vitamin B2: 0.31mg (18.1%), Vitamin A: 782.51IU (15.65%), Vitamin C: 12.61mg (15.29%), Vitamin K: 15.53µg (14.79%), Vitamin E: 2.11mg (14.09%), Vitamin B6: 0.25mg (12.58%), Vitamin B5: 1.14mg (11.43%), Folate: 45.6µg (11.4%), Potassium: 356.98mg (10.2%), Calcium: 100.36mg (10.04%), Vitamin B12: 0.58µg (9.75%), Manganese: 0.19mg (9.75%), Iron: 1.56mg (8.68%), Zinc: 1.26mg (8.37%), Vitamin D: 1.16µg (7.71%), Magnesium: 27.76mg (6.94%), Vitamin B1: 0.09mg (6.15%), Fiber: 1.52g (6.06%), Copper: 0.12mg (5.86%), Vitamin B3: 0.91mg (4.56%)