



Tortilla de Patatas

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



321 kcal

SIDE DISH

Ingredients

- 10 large eggs beaten to blend
- 2 teaspoons kosher salt plus more
- 2 cups olive oil
- 1 medium onion chopped
- 3 pounds yukon gold potatoes peeled cut into 1/4" slices (6-8)

Equipment

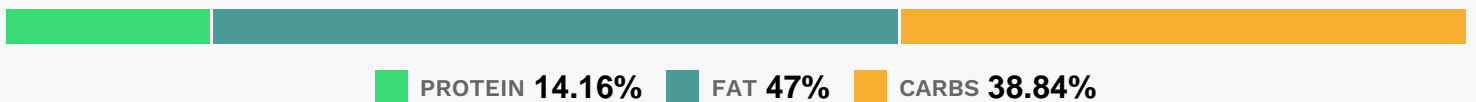
- bowl
- frying pan

- paper towels
- slotted spoon
- colander

Directions

- Place potatoes in a large colander, sprinkle with 2 teaspoons salt, and toss to coat.
- Let stand for 30 minutes. Pat dry with paper towels.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add potatoes and cook, turning occasionally, until crisp-tender, 10–15 minutes.
- Add onion to potatoes in skillet; cook until onion and potatoes are soft, 5–8 minutes. Using a slotted spoon, transfer mixture to a large bowl; let cool slightly. Strain oil into a heatproof bowl; set aside.
- Add eggs to potato mixture; season with salt. Wipe out skillet.
- Heat 1/4 cup reserved oil over medium-high heat (chill remaining oil for another use).
- Add egg mixture, arranging potatoes to submerge.
- Reduce heat to medium; cook tortilla until almost set (it will be slightly runny on top), 25–30 minutes. Invert onto a large plate. Slide into skillet browned side up. Cook until golden on bottom and cooked through, about 4 minutes more.
- Serve warm or at room temperature.
- Cut into wedges. DO AHEAD: Tortilla can be made 2 hours ahead.
- Let stand at room temperature.

Nutrition Facts



Properties

Glycemic Index: 13.84, Glycemic Load: 22.04, Inflammation Score: -5, Nutrition Score: 15.196086800617%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg,

Isorhamnetin: 0.69mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg
Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 321.32kcal (16.07%), Fat: 16.91g (26.02%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 31.45g (10.48%),
Net Carbohydrates: 27.47g (9.99%), Sugar: 2.14g (2.38%), Cholesterol: 232.5mg (77.5%), Sodium: 681.09mg
(29.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.46g (22.92%), Vitamin C: 34.53mg (41.85%), Vitamin
B6: 0.62mg (31.23%), Selenium: 19.77µg (28.24%), Potassium: 822.66mg (23.5%), Phosphorus: 224.69mg (22.47%),
Vitamin B2: 0.34mg (20.22%), Fiber: 3.98g (15.9%), Vitamin E: 2.23mg (14.87%), Manganese: 0.3mg (14.85%), Folate:
59.2µg (14.8%), Vitamin B5: 1.48mg (14.79%), Iron: 2.51mg (13.97%), Magnesium: 48.01mg (12%), Copper: 0.23mg
(11.73%), Vitamin B1: 0.17mg (11.16%), Vitamin K: 9.98µg (9.5%), Vitamin B3: 1.86mg (9.28%), Vitamin B12: 0.56µg
(9.27%), Zinc: 1.32mg (8.83%), Vitamin D: 1.25µg (8.33%), Vitamin A: 341.18IU (6.82%), Calcium: 59.04mg (5.9%)