



Tortilla Español with Romesco Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons blanched almonds and toasted
- ☐ 10 large eggs
- ☐ 1 garlic clove peeled
- ☐ 2 garlic cloves minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt

- ☐ 2 ounces aged manchego cheese grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 teaspoons oregano dried
- ☐ 3 bell peppers red
- ☐ 0.3 cup shallots finely chopped
- ☐ 2 teaspoons sherry vinegar
- ☐ 3 cups yukon gold potatoes diced peeled ()

Equipment

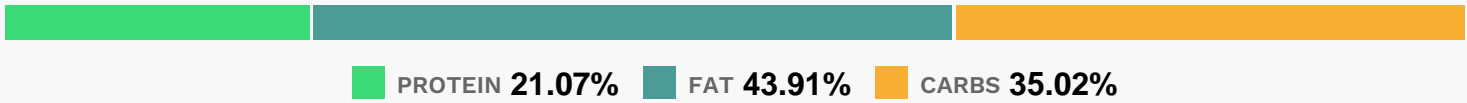
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ roasting pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers 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 paper bag; fold to close tightly.
- ☐ Let stand 20 minutes. Peel and chop.
- ☐ Place chopped bell pepper in a food processor.

- ☐ Add almonds, 1 tablespoon oil, vinegar, 1/4 teaspoon salt, ground red pepper, and 1 garlic clove; process until smooth.
- ☐ Preheat oven to 32
- ☐ Place potato in a medium saucepan, and cover with water. Bring to a boil over medium-high heat. Cook 6 minutes or just until tender.
- ☐ Drain and cool completely.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium heat.
- ☐ Add shallots and minced garlic; cook 1 minute, stirring occasionally.
- ☐ Add potatoes; increase heat to medium-high. Cook for 4 minutes or until potatoes are golden brown, stirring occasionally. Cool completely.
- ☐ Coat 10 (4-ounce) ramekins with cooking spray; place in a roasting pan.
- ☐ Add cheese and oregano to potato mixture, and toss well to combine. Divide the potato mixture evenly among prepared ramekins.
- ☐ Combine eggs, 1/2 teaspoon salt, and black pepper, stirring with a whisk until well blended.
- ☐ Pour egg mixture over potato mixture in each ramekin.
- ☐ Add enough hot water to roasting pan to come halfway up sides of ramekins.
- ☐ Bake at 325 for 25 minutes or until set. Run a knife around outside edges of tortillas.
- ☐ Serve with romesco sauce.
- ☐ Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:27.48, Glycemic Load:9.87, Inflammation Score:-8, Nutrition Score:14.621304449828%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 191.11kcal (9.56%), Fat: 9.44g (14.52%), Saturated Fat: 3.3g (20.65%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 14.01g (5.1%), Sugar: 2.82g (3.14%), Cholesterol: 192.07mg (64.02%), Sodium: 286.99mg (12.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.38%), Vitamin C: 60.47mg (73.29%), Vitamin A: 1438.58IU (28.77%), Selenium: 15.89µg (22.7%), Vitamin B6: 0.44mg (21.86%), Vitamin B2: 0.3mg (17.67%), Phosphorus: 164.19mg (16.42%), Potassium: 486.99mg (13.91%), Folate: 55.29µg (13.82%), Manganese: 0.27mg (13.29%), Vitamin E: 1.86mg (12.38%), Fiber: 2.92g (11.68%), Calcium: 115.27mg (11.53%), Vitamin B5: 1.12mg (11.24%), Iron: 1.91mg (10.59%), Magnesium: 34.77mg (8.69%), Copper: 0.15mg (7.57%), Vitamin B12: 0.44µg (7.42%), Vitamin B1: 0.11mg (7.08%), Zinc: 1.05mg (6.98%), Vitamin D: 1µg (6.67%), Vitamin K: 6.82µg (6.5%), Vitamin B3: 1.25mg (6.23%)