

Tortilla Espanola

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



372 kcal

SIDE DISH

Ingredients

- 0.5 pound chorizo sausage crumbled
- 5 eggs
- 3 tablespoons olive oil
- 4 large potatoes cubed peeled
- 6 servings salt and pepper to taste
- 1 onion white chopped

Equipment

- bowl

frying pan

Directions

- Heat 2 tablespoon oil in a large, nonstick skillet over medium–low heat. Fry potatoes and onion in oil for about 15 minutes. Stir in chorizo, if desired; cook for five more minutes, or until potatoes are soft and lightly browned and meat is cooked. Season with salt and pepper to taste.
- Beat eggs together in a large bowl.
- Pour potato and onion mixture into eggs, and mix together.
- Heat 1 tablespoon oil in a large, nonstick skillet over medium–low heat. Carefully spread mixture evenly over the bottom of the pan. Cook without stirring for about 10 minutes. Then place a large plate over the pan, flip the pan to transfer the eggs onto the plate. Cooked side should be golden brown. Carefully slide tortilla back into pan, and cook the other side for 5 to 10 minutes.

Nutrition Facts



PROTEIN 14.15% **FAT 37.75%** **CARBS 48.1%**

Properties

Glycemic Index:18.46, Glycemic Load:31.84, Inflammation Score:-6, Nutrition Score:17.069130317025%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 372.02kcal (18.6%), Fat: 15.68g (24.12%), Saturated Fat: 5.23g (32.7%), Carbohydrates: 44.95g (14.98%), Net Carbohydrates: 39.23g (14.27%), Sugar: 2.83g (3.15%), Cholesterol: 163.07mg (54.36%), Sodium: 261.87mg (11.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.44%), Vitamin C: 56.68mg (68.7%), Vitamin B6: 0.81mg (40.5%), Potassium: 1113.14mg (31.8%), Fiber: 5.72g (22.89%), Phosphorus: 218.14mg (21.81%), Manganese: 0.41mg (20.54%), Selenium: 12.09µg (17.27%), Iron: 3.05mg (16.95%), Magnesium: 62.82mg (15.7%), Folate: 60.08µg (15.02%), Copper: 0.3mg (14.97%), Vitamin B2: 0.25mg (14.78%), Vitamin B1: 0.22mg (14.66%), Vitamin B3: 2.64mg (13.21%), Vitamin B5: 1.31mg (13.13%), Vitamin E: 1.42mg (9.48%), Vitamin K: 9.07µg (8.64%),

Zinc: 1.22mg (8.12%), Vitamin A: 393.76IU (7.88%), Calcium: 62.08mg (6.21%), Vitamin B12: 0.33µg (5.44%), Vitamin D: 0.73µg (4.89%)