



WHATSheATE



Tortilla Española



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 large eggs beaten to blend
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 2 cups olive oil extra-virgin
- ☐ 1 teaspoon sea salt
- ☐ 1 medium onion yellow chopped
- ☐ 2.5 lbs yukon gold potatoes peeled cut into 1/2-in. cubes

Equipment

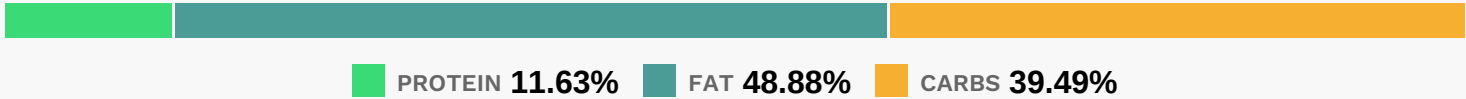
- ☐ bowl

- ☐ frying pan
- ☐ sieve

Directions

- ☐ Combine potatoes, onion, and salt in a bowl. Set aside.
- ☐ Heat oil in a large frying pan over high heat until very hot but not smoking. Spoon potato mixture into oil, spreading evenly. Cook until at least half the potatoes are browned, using a slotted metal spoon to turn potatoes occasionally, 20 minutes.
- ☐ Set a strainer over a bowl and pour in potatoes; let drain. Reserve 1 tbsp. oil.
- ☐ Fold eggs into potato mixture in a large bowl. Stir in parsley.
- ☐ Heat reserved 1 tbsp. oil in a 10-in. nonstick frying pan over medium heat.
- ☐ Pour egg mixture into pan; spread evenly. Cook, lifting edges to check color. When eggs are medium brown, remove from heat. Set a large plate upside down over pan. Invert tortilla onto plate, then slide back into pan. Cook over medium heat until bottom is browned, about 4 minutes.
- ☐ Transfer to a plate; cut into wedges.
- ☐ Note: Nutritional information is per appetizer serving.

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:9.21, Inflammation Score:-3, Nutrition Score:6.202608730482%

Flavonoids

Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 132.05kcal (6.6%), Fat: 7.26g (11.17%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 11.5g (4.18%), Sugar: 0.92g (1.02%), Cholesterol: 69.75mg (23.25%), Sodium: 176.88mg (7.69%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.77%), Vitamin C: 15.14mg (18.35%), Vitamin B6: 0.25mg (12.48%), Vitamin K: 12.88µg (12.27%), Potassium: 337.15mg (9.63%), Selenium: 6µg (8.58%), Phosphorus: 79.81mg (7.98%), Fiber: 1.69g (6.77%), Vitamin E: 0.99mg (6.58%), Vitamin B2: 0.11mg (6.51%), Manganese: 0.12mg (6.19%), Folate: 22.22µg (5.55%), Iron: 0.96mg (5.32%), Vitamin B5: 0.51mg (5.08%), Magnesium: 19.49mg (4.87%), Copper: 0.09mg (4.68%), Vitamin B1: 0.07mg (4.52%), Vitamin B3: 0.78mg (3.88%), Zinc: 0.46mg (3.1%), Vitamin A: 144.93IU (2.9%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.38µg (2.5%), Calcium: 21.42mg (2.14%)