



Tortilla Española (Spanish Potato Omelet)



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

Ingredients



3 pounds baking potatoes peeled thinly sliced



4 large eggs



0.8 teaspoon kosher salt divided



2 tablespoons olive oil divided



2 cups onion sweet thinly sliced

Equipment



bowl



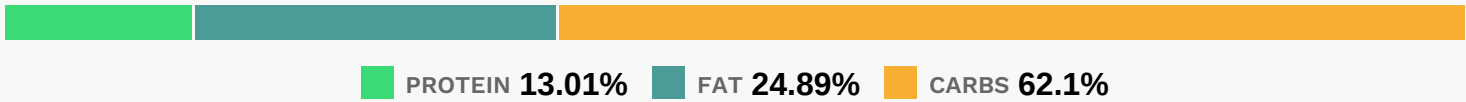
frying pan

- ☐ oven
- ☐ roasting pan
- ☐ spatula

Directions

- ☐ Preheat oven to 350
- ☐ Place the potato and onion in a roasting pan coated with cooking spray.
- ☐ Drizzle with 1 tablespoon plus 2 teaspoons oil, and sprinkle with 1/2 teaspoon salt. Toss well.
- ☐ Bake at 350 for 1 hour or until potatoes are tender, stirring occasionally with a metal spatula to prevent sticking.
- ☐ Combine eggs and 1/4 teaspoon salt in a large bowl. Stir in potato mixture; let stand 10 minutes.
- ☐ Heat 1 teaspoon oil in an 8-inch nonstick skillet over medium heat.
- ☐ Pour potato mixture into pan (pan will be very full). Cook 7 minutes or until almost set, gently shaking pan frequently.
- ☐ Place a plate upside down on top of omelet; invert onto plate. Carefully slide omelet cooked side up into pan; cook 3 minutes or until set, gently shaking pan occasionally. Carefully loosen omelet with a spatula; gently slide omelet onto a plate. Cool.
- ☐ Cut into wedges.
- ☐ Garnish with oregano, if desired.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:32.23, Inflammation Score:0, Nutrition Score:13.854782508767%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg

7.74mg

Nutrients (% of daily need)

Calories: 285.16kcal (14.26%), Fat: 8.06g (12.4%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 45.25g (15.08%),
Net Carbohydrates: 41.82g (15.21%), Sugar: 4.21g (4.67%), Cholesterol: 124mg (41.33%), Sodium: 353.72mg (15.38%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.48g (18.96%), Vitamin B6: 0.91mg (45.42%), Potassium:
1055.31mg (30.15%), Phosphorus: 205.14mg (20.51%), Manganese: 0.41mg (20.33%), Vitamin C: 15.49mg (18.77%),
Selenium: 11.41µg (16.3%), Magnesium: 60.97mg (15.24%), Iron: 2.7mg (15.01%), Folate: 59.68µg (14.92%), Vitamin B1:
0.22mg (14.74%), Copper: 0.29mg (14.38%), Vitamin B2: 0.24mg (13.99%), Fiber: 3.43g (13.71%), Vitamin B5: 1.25mg
(12.46%), Vitamin B3: 2.44mg (12.22%), Zinc: 1.16mg (7.72%), Vitamin E: 1.06mg (7.04%), Vitamin K: 7.15µg (6.81%),
Calcium: 59.04mg (5.9%), Vitamin B12: 0.3µg (4.94%), Vitamin D: 0.67µg (4.44%), Vitamin A: 182.8IU (3.66%)