



WHATSHEATE



Tortilla Paista (Paista Omelette)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



760 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup chorizo sliced
- ☐ 4 eggs
- ☐ 0.5 cup regular corn frozen steamed
- ☐ 10 fried plantains
- ☐ 4 servings salt
- ☐ 3 tablespoons vegetable oil

Equipment

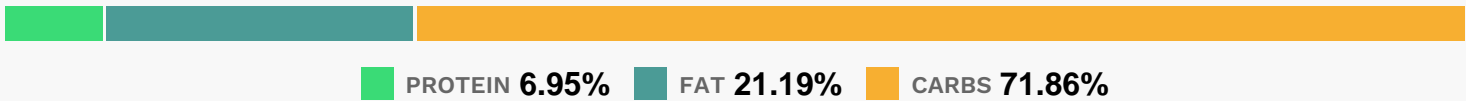
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ In a medium non-stick pan, heat 1 tablespoon of vegetable oil over medium heat.
- ☐ Add the chorizo slices in a single layer and fry about 2 minutes on each side. With a slotted spoon, transfer the chorizo to a plate lined with paper towels and set aside. In a medium bowl beat the eggs.
- ☐ Add the fried plantains, corn, chorizo and salt and let it rest for 1 minute.
- ☐ Add 2 tablespoons vegetable oil to the pan.
- ☐ Add egg mixture to the pan, decrease the heat to medium low and shake the pan gently to be sure the omelet doesn't stick while cooking for about 4 minutes.
- ☐ Place a large plate on top of the pan. Flip over the pan so that the tortilla transfers to the plate. Very carefully slide the tortilla back to the pan so as to cook the other side and continue cooking for 3 more minutes or until done.
- ☐ Transfer the tortilla to a large plate.
- ☐ Let it rest for 5 minutes and cut into slices.
- ☐ Serve warm

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:34.248696119889%

Nutrients (% of daily need)

Calories: 759.61kcal (37.98%), Fat: 19.39g (29.83%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 147.92g (49.31%), Net Carbohydrates: 139.73g (50.81%), Sugar: 78.48g (87.19%), Cholesterol: 172.51mg (57.5%), Sodium: 275.34mg (11.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.31g (28.62%), Vitamin K: 147.77µg (140.73%), Vitamin A: 5345.62IU (106.91%), Vitamin C: 83.82mg (101.61%), Potassium: 2300.72mg (65.73%), Vitamin B6: 1.19mg (59.73%), Magnesium: 172.99mg (43.25%), Manganese: 0.69mg (34.49%), Vitamin B2: 0.56mg (32.9%),

Fiber: 8.19g (32.74%), Folate: 127.38µg (31.84%), Selenium: 20.39µg (29.12%), Phosphorus: 248.26mg (24.83%),
Vitamin B1: 0.32mg (21.09%), Vitamin B5: 2.08mg (20.77%), Iron: 3.65mg (20.27%), Copper: 0.37mg (18.67%),
Vitamin B3: 3.39mg (16.93%), Zinc: 1.56mg (10.42%), Vitamin E: 1.3mg (8.64%), Vitamin B12: 0.39µg (6.53%), Vitamin
D: 0.88µg (5.87%), Calcium: 39.01mg (3.9%)