



Tortilla tapas



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



70 min.

SERVINGS



16

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tbsp olive oil
- ☐ 1 large onion thinly sliced
- ☐ 3 medium size potatoes peeled thinly sliced
- ☐ 2 garlic cloves crushed
- ☐ 2 large pasilla peppers red seeded thinly sliced quartered
- ☐ 6 large eggs lightly beaten
- ☐ 0.5 tsp chilli flakes dried crushed
- ☐ 1 handful flatleaf parsley chopped

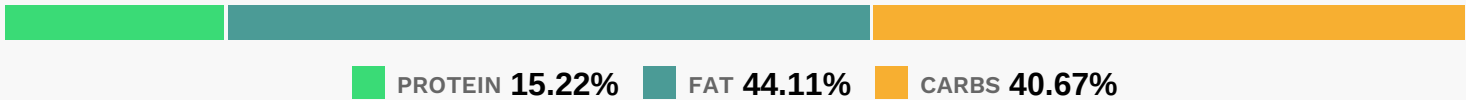
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to fan 180C/ conventional 200C/gas
- ☐ Heat 2 tbsp of olive oil in a pan. Tip in onion and potatoes and fry gently for 20 minutes until the potatoes are tender, turning frequently, adding garlic and peppers for the last 5 minutes. Tip into a large bowl, season and cool for 5 minutes.
- ☐ Stir in the eggs, chilli flakes and parsley. Leave to sit for 5 minutes, then put a nonstick 20cm square tin in the oven to heat up. After 5 minutes, remove tin and brush with oil. pour in the egg mixture and return to oven.
- ☐ Cook for 15–20 minutes. (Check its ready by pressing the top lightly. If it is still runny, return to the oven for a couple of minutes.) Once cooked, remove and leave to cool for 5 minutes, then turn out on to a board.
- ☐ Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:5.6, Inflammation Score:-6, Nutrition Score:7.163913053015%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 90.67kcal (4.53%), Fat: 4.53g (6.97%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 7.89g (2.87%), Sugar: 1.65g (1.83%), Cholesterol: 69.75mg (23.25%), Sodium: 31.5mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Vitamin C: 35.25mg (42.73%), Vitamin A: 783.72IU (15.67%), Vitamin B6: 0.23mg (11.34%), Selenium: 6.01µg (8.59%), Potassium: 255.09mg (7.29%), Vitamin K: 7.61µg (7.25%), Vitamin B2: 0.12mg (7.04%), Phosphorus: 68.84mg (6.88%), Folate: 26.82µg (6.71%), Vitamin E: 0.93mg (6.2%), Fiber: 1.51g (6.03%), Manganese: 0.11mg (5.46%), Vitamin B5: 0.49mg (4.86%), Iron: 0.79mg (4.42%), Magnesium: 15.15mg (3.79%), Vitamin B1: 0.06mg (3.73%), Vitamin B3: 0.66mg (3.3%), Copper: 0.07mg (3.29%), Zinc: 0.43mg (2.9%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.38µg (2.5%), Calcium: 20.14mg (2.01%)