



Tortilla with rocket & parmesan

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

Ingredients

- 500 g potatoes peeled
- 3 tbsp olive oil for drizzling
- 1 large onion chopped
- 5 eggs beaten
- 100 g arugula
- 1 handful parmesan grated

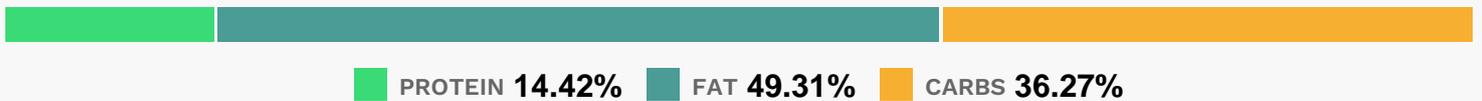
Equipment

- frying pan

Directions

- Cut the potatoes into slices, about finger thickness.
- Heat the oil in a non-stick frying pan, then tip in the potatoes and onion. When they start to sizzle and colour a little, pour in 225ml/8fl oz water – this will splatter so be careful. Simmer potatoes for 10 mins until tender.
- Pour off any excess liquid from the potatoes, then tip the eggs into the pan, season and stir lightly to mix. Return the pan to a medium heat and cook the tortilla until set on one side, about 5 mins.
- Place a plate on the top of the pan, hold it tightly and deftly turn it upside down so the tortilla comes out onto the plate.
- Add a bit of extra oil to the pan if it needs it, before sliding the tortilla back in to cook the reverse side – it only needs 5 mins more.
- Slide the tortilla onto a plate and cut it into 4 wedges. Top with a little pile of rocket, sprinkle over the parmesan, then drizzle with oil and serve.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:16.93, Inflammation Score:-7, Nutrition Score:16.096086895984%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.95mg, Isorhamnetin: 2.95mg, Isorhamnetin: 2.95mg, Isorhamnetin: 2.95mg Kaempferol: 9.97mg, Kaempferol: 9.97mg, Kaempferol: 9.97mg, Kaempferol: 9.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.47mg, Quercetin: 10.47mg, Quercetin: 10.47mg, Quercetin: 10.47mg

Nutrients (% of daily need)

Calories: 289.95kcal (14.5%), Fat: 16.11g (24.78%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 22.87g (8.32%), Sugar: 3.28g (3.65%), Cholesterol: 204.77mg (68.26%), Sodium: 98.07mg (4.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.2%), Vitamin C: 31.15mg (37.76%), Vitamin K: 36.27µg (34.54%), Vitamin B6: 0.53mg (26.29%), Selenium: 17.58µg (25.11%), Potassium: 749.48mg (21.41%), Phosphorus: 205.76mg (20.58%), Folate: 77.24µg (19.31%), Vitamin B2: 0.32mg (19.05%), Vitamin A: 895.45IU (17.91%), Manganese: 0.34mg (16.77%), Fiber: 3.79g (15.15%), Vitamin E: 2.22mg (14.78%), Vitamin B5: 1.37mg (13.7%),

Iron: 2.44mg (13.57%), Magnesium: 50.96mg (12.74%), Copper: 0.21mg (10.42%), Vitamin B1: 0.15mg (10.02%), Calcium: 97.49mg (9.75%), Zinc: 1.26mg (8.4%), Vitamin B12: 0.49µg (8.21%), Vitamin B3: 1.48mg (7.4%), Vitamin D: 1.1µg (7.34%)