



Vegetable Tortilla from Murcia

 Vegetarian  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



172 kcal

SIDE DISH

Ingredients

- 6 ounces eggplant diced chinese peeled
- 8 eggs
- 1 tablespoon parsley fresh chopped
- 1 bell pepper green seeded chopped
- 3 tablespoons olive oil extra-virgin
- 1 small onion finely chopped
- 6 servings salt and pepper freshly ground
- 0.5 pound tomatoes ripe peeled seeded chopped

- 1 small zucchini diced seeded cut in half lengthwise, , and

Equipment

- frying pan
- baking sheet
- oven
- broiler

Directions

- Preheat the oven to 450 degrees F.
- Place the eggplant on a baking sheet and toss with 1 tablespoon of the olive oil.
- Bake 15 minutes, until softened and browned.
- Remove from the heat.
- Heat the remaining oil over medium heat in a 10- or 12-inch nonstick skillet, and add the onion and green pepper. Cook, stirring, until they soften and begin to color, about 10 minutes.
- Add the eggplant and zucchini and cook, stirring, until the zucchini softens and begins to color, about 8 minutes. Reduce the heat to medium, add the tomato, parsley, and salt to taste, and cook, stirring often, until the mixture begins to thicken, 3 to 5 minutes. Taste and adjust seasonings.
- Preheat the broiler. Beat the eggs until frothy and season with a scant 1/2 teaspoon salt and pepper to taste. Turn the heat in the pan to medium-high and pour in the eggs. Shake the pan and lift the edges of the eggs as they set, tilting the pan to distribute them and let them run underneath the mixture. When the eggs have just about set, transfer the pan to the preheated broiler, about 3 inches from the heat. Leave under the broiler until the top of the tortilla is set, then remove from the heat and allow to cool in the pan, then slide onto a plate or platter.
- Cut into wedges and serve.

Nutrition Facts

 **PROTEIN 19.62%**  **FAT 66.12%**  **CARBS 14.26%**

Properties

Glycemic Index:25.33, Glycemic Load:1, Inflammation Score:-6, Nutrition Score:11.356956502666%

Flavonoids

Delphinidin: 24.29mg, Delphinidin: 24.29mg, Delphinidin: 24.29mg, Delphinidin: 24.29mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 171.88kcal (8.59%), Fat: 12.82g (19.72%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 4.17g (1.51%), Sugar: 3.68g (4.09%), Cholesterol: 218.24mg (72.75%), Sodium: 282.7mg (12.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.12%), Vitamin C: 27.02mg (32.75%), Selenium: 18.19µg (25.99%), Vitamin K: 21.66µg (20.63%), Vitamin B2: 0.31mg (18.45%), Vitamin A: 807.3IU (16.15%), Phosphorus: 147.25mg (14.72%), Vitamin E: 2.02mg (13.45%), Folate: 49.41µg (12.35%), Vitamin B6: 0.24mg (12.24%), Vitamin B5: 1.09mg (10.89%), Manganese: 0.2mg (10.05%), Potassium: 342.34mg (9.78%), Vitamin B12: 0.52µg (8.7%), Fiber: 2.06g (8.23%), Iron: 1.44mg (8%), Vitamin D: 1.17µg (7.82%), Zinc: 0.98mg (6.55%), Copper: 0.12mg (5.84%), Magnesium: 22.2mg (5.55%), Vitamin B1: 0.07mg (4.97%), Calcium: 48.11mg (4.81%), Vitamin B3: 0.66mg (3.29%)