



Zucchini Potato Tortilla



Vegetarian



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



12

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 10 large eggs
- ☐ 1.5 cups olive oil
- ☐ 1 pound onion spanish chopped
- ☐ 2 pounds potatoes boiling
- ☐ 2 pounds zucchini (preferably small; 6 to 8)

Equipment

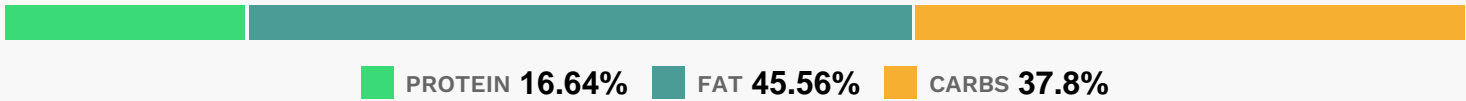
- ☐ bowl
- ☐ frying pan

- ☐ spatula
- ☐ colander

Directions

- ☐ Coarsely grate zucchini, then toss with 2 teaspoons salt and let stand 30 minutes.
- ☐ While zucchini stands, peel potatoes and cut into 1/3-inch dice.
- ☐ Heat oil in skillet over medium-high heat until hot, then add potatoes, onion, and 3/4 teaspoon salt. Reduce heat to medium-low and cook (without browning), uncovered, stirring occasionally, 30 minutes.
- ☐ Transfer zucchini to a colander to drain, then squeeze small handfuls to remove as much liquid as possible, transferring as squeezed to a small bowl.
- ☐ Add zucchini to potatoes and cook, stirring occasionally, until potatoes are tender and zucchini is slightly browned, about 15 minutes.
- ☐ Drain vegetables in colander set over a bowl, reserving oil. Cool 5 minutes.
- ☐ Lightly beat eggs in a large bowl, then stir in vegetables, 1 tablespoon reserved oil, 3/4 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Return 1 tablespoon reserved oil to skillet and add egg mixture, pressing potatoes flush with eggs. Cook over low heat, covered, until almost set and underside is golden, 12 to 15 minutes.
- ☐ Remove from heat and let stand, covered, 15 minutes.
- ☐ Run a rubber spatula around tortilla and shake skillet gently to loosen (if bottom sticks, carefully slide spatula underneath). Slide tortilla onto a large flat plate, then cover with skillet and invert tortilla back into skillet. Round edge of tortilla with rubber spatula and cook over low heat, uncovered, until set, about 15 minutes more.
- ☐ Slide tortilla onto a serving plate and cut into wedges.
- ☐ Serve warm or at room temperature.
- ☐ Tortilla can be made 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:1.02, Inflammation Score:-5, Nutrition Score:11.379565218221%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg

Nutrients (% of daily need)

Calories: 188.21kcal (9.41%), Fat: 9.75g (15%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 15.52g (5.64%), Sugar: 4.62g (5.14%), Cholesterol: 155mg (51.67%), Sodium: 80.44mg (3.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.02%), Vitamin C: 22.83mg (27.67%), Selenium: 13.51µg (19.3%), Potassium: 654.03mg (18.69%), Vitamin B6: 0.37mg (18.4%), Vitamin B2: 0.3mg (17.36%), Phosphorus: 168.3mg (16.83%), Manganese: 0.3mg (15.04%), Folate: 58.52µg (14.63%), Fiber: 2.68g (10.74%), Vitamin B5: 1.05mg (10.5%), Magnesium: 39.02mg (9.75%), Copper: 0.19mg (9.31%), Iron: 1.67mg (9.28%), Vitamin E: 1.32mg (8.81%), Vitamin B1: 0.13mg (8.62%), Vitamin K: 8.97µg (8.54%), Vitamin A: 382.25IU (7.64%), Zinc: 1.09mg (7.29%), Vitamin B3: 1.28mg (6.42%), Vitamin B12: 0.37µg (6.18%), Vitamin D: 0.83µg (5.56%), Calcium: 51.74mg (5.17%)