

Spanish Tortilla

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Servings: 6

1 pound small red-skinned potatoes, quartered
2 tablespoons olive oil
1 onion, sliced
2 cloves garlic, chopped
3 ounces chorizo, chopped
8 eggs
1 cup shredded cheddar cheese, divided
1/2 teaspoon salt
1/2 teaspoon paprika
2 tablespoons chopped parsley

Preheat the oven to 350 degrees.

Place the potatoes in a pot and cover with water. Bring to a boil and cook for 12 minutes. Drain.

In an ovenproof twelve-inch nonstick skillet, heat the olive oil over medium heat.

Add the onion, garlic and chorizo. Cook for 6 minutes, stirring occasionally.

In a bowl, whisk together the eggs, 1/2 cup of cheddar cheese, salt and paprika.

Add the potatoes and egg mixture to the skillet and cook for 5 minutes, stirring gently after 2 minutes. Sprinkle with the remaining 1/2 cup of cheddar cheese.

Bake for 10 minutes until set.

Sprinkle with the parsley.

Per Serving (excluding unknown items): 288 Calories; 23g Fat (72.0% calories from fat); 17g Protein; 3g Carbohydrate; trace Dietary Fiber; 315mg Cholesterol; 564mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 3 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	288	Vitamin B6 (mg):	.2mg
% Calories from Fat:	72.0%	Vitamin B12 (mcg):	1.3mcg

% Calories from Carbohydrates: 4.4%
 % Calories from Protein: 23.6%
 Total Fat (g): 23g
 Saturated Fat (g): 9g
 Monounsaturated Fat (g): 10g
 Polyunsaturated Fat (g): 2g
 Cholesterol (mg): 315mg
 Carbohydrate (g): 3g
 Dietary Fiber (g): trace
 Protein (g): 17g
 Sodium (mg): 564mg
 Potassium (mg): 208mg
 Calcium (mg): 180mg
 Iron (mg): 2mg
 Zinc (mg): 2mg
 Vitamin C (mg): 3mg
 Vitamin A (i.u.): 706IU
 Vitamin A (r.e.): 171 1/2RE

Thiamin B1 (mg): .2mg
 Riboflavin B2 (mg): .4mg
 Folic Acid (mcg): 41mcg
 Niacin (mg): 1mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 0
 Lean Meat: 2
 Vegetable: 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 3
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 288 Calories from Fat: 208

% Daily Values*

Total Fat 23g 35%
 Saturated Fat 9g 43%
 Cholesterol 315mg 105%
 Sodium 564mg 24%
 Total Carbohydrates 3g 1%
 Dietary Fiber trace 2%
 Protein 17g

Vitamin A 14%
 Vitamin C 5%
 Calcium 18%
 Iron 10%

* Percent Daily Values are based on a 2000 calorie diet.