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Field Mushroom Tortilla ♦♦

A delicious vegetarian tortilla made with field mushrooms. This dish is a popular Spanish recipe that is typically served as a tapas or main course. It is made by sautéing mushrooms with onions and garlic, then mixing them with beaten eggs and cooking until set. The result is a flavorful and satisfying dish that can be enjoyed any time of the day.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	field mushrooms
100 g	onion
2 cloves	garlic
6 units	eggs

3 tbsp olive oil

1 tsp salt

0.5 tsp black pepper

Directions

Step 1

Cut

Clean and slice the field mushrooms.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Chop the onion and mince the garlic.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Sautéing

Heat olive oil in a large non-stick skillet over medium heat. Add the onions and garlic, and cook until softened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Sautéing

Add the sliced mushrooms to the skillet and cook until they release their moisture and become tender.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Mixing

In a bowl, beat the eggs and season with salt and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Mixing

Add the cooked mushrooms to the beaten eggs and mix well.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Cooking

Pour the egg and mushroom mixture back into the skillet and cook over low heat until the tortilla is set and golden brown on the bottom.

Prep Time: 0 mins

Cook Time: 10 mins

Step 8

Cooking

Flip the tortilla using a plate or a lid, and cook the other side until golden brown.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Resting

Remove the tortilla from the skillet and let it cool slightly before cutting into wedges.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Serving

Serve the field mushroom tortilla warm or at room temperature.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 10 g

Protein: 12 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	280 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	8 mg	72.73%	100%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian Chinese Japanese American

Course

Drinks Salads Snacks Sauces & Dressings

Diet

Paleo Diet Vegetarian Diet Raw Food Diet The Acid Reflux Diet
Gluten-Free Diet The Fast Metabolism Diet Nutrient Timing Diet
The Gerson Therapy The F-Plan Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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