



Arugula and Fava-Bean Crostini

READY IN



30 min.

SERVINGS



8

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 ounces baby arugula divided packed
- ☐ 1 crusty baguette
- ☐ 1 cup avarakkai / broad beans fresh shelled () (soybeans; 3/4 pounds in pods)
- ☐ 1 garlic clove halved
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 16 mint leaves
- ☐ 0.3 cup olive oil extra virgin extra-virgin divided for drizzling
- ☐ 3 tablespoons pecorino cheese grated

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Cook fava beans in boiling water, uncovered, until tender, 3 to 4 minutes, then drain and transfer to an ice bath to stop cooking. Gently peel off skins (if using edamame, don't peel).
- ☐ Pulse fava beans in a food processor until very coarsely chopped, then transfer half of mixture to a large bowl.
- ☐ Add 1/4 cup oil, 1/2 cup arugula, cheese, lemon zest and juice, 1/2 teaspoon salt, and 1/8 teaspoon pepper to favas in processor and purée until smooth.
- ☐ Add to bowl. Coarsely chop remaining cup arugula and gently fold into fava-bean mixture.
- ☐ Cut 16 diagonal slices (1/3 inch thick) from baguette and put in a 4-sided sheet pan.
- ☐ Drizzle with remaining tablespoon oil.
- ☐ Bake until pale golden and crisp, 8 to 10 minutes. Rub with cut side of garlic.
- ☐ Spoon fava-bean mixture onto baguette toasts, then drizzle with oil and top with mint.
- ☐ Fontaleoni Vernaccia diSan Gimignano '07
- ☐ •Topping, without chopped arugula, can be made 8 hours ahead and chilled. Fold in arugula before using. •Toasts can be made 1 day ahead and kept in an airtight container at room temperature.
- ☐ Calories 173, Total fat 9g, Saturated Fat 2g, Cholesterol 2mg, Sodium 261mg, Carbohydrate 19g, Fiber 0g, Protein 8g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:27.34, Glycemic Load:12.16, Inflammation Score:-4, Nutrition Score:6.509130468673%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 174.62kcal (8.73%), Fat: 8.25g (12.69%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 17.86g (6.49%), Sugar: 1.99g (2.21%), Cholesterol: 1.95mg (0.65%), Sodium: 218.95mg (9.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.83%), Folate: 63.19µg (15.8%), Manganese: 0.28mg (14.09%), Vitamin B1: 0.21mg (13.87%), Vitamin K: 11.46µg (10.91%), Iron: 1.64mg (9.09%), Selenium: 6.27µg (8.96%), Fiber: 2.06g (8.26%), Vitamin B3: 1.62mg (8.12%), Vitamin B2: 0.14mg (8.03%), Phosphorus: 75.33mg (7.53%), Calcium: 74.63mg (7.46%), Vitamin E: 1.1mg (7.3%), Magnesium: 22.25mg (5.56%), Copper: 0.11mg (5.26%), Vitamin A: 222.15IU (4.44%), Zinc: 0.56mg (3.74%), Potassium: 130.3mg (3.72%), Vitamin B6: 0.06mg (3.04%), Vitamin C: 1.82mg (2.2%), Vitamin B5: 0.19mg (1.92%)