



WHATSheATE



Asparagus Salad with Fava Bean Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds asparagus
- ☐ 1 pound young fava beans in pods shelled (see notes)
- ☐ 2 cloves garlic peeled chopped
- ☐ 4 oz jack cheese fresh shredded (pecorino fresca; see notes)
- ☐ 3.5 oz bite-size pieces and crisped leaf lettuce red rinsed
- ☐ 7 tablespoons olive oil extra-virgin
- ☐ 8 servings salt and pepper
- ☐ 1.5 teaspoons citrus champagne vinegar

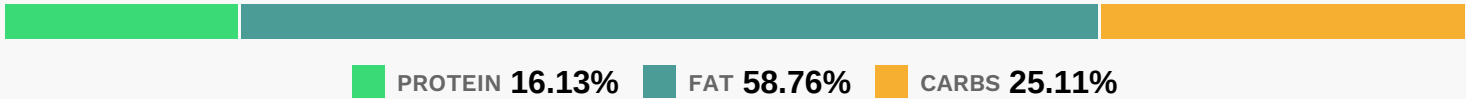
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ potato masher

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring 2 quarts water to a boil. Meanwhile, rinse asparagus; snap off and discard tough stem ends.
- ☐ Add asparagus to boiling water and cook until barely tender when pierced, 3 to 4 minutes.
- ☐ Drain and arrange on a platter or plates.
- ☐ In a large bowl, mix 1 tablespoon olive oil and the vinegar.
- ☐ Add lettuce and tomatoes; mix gently to coat.
- ☐ Add salt and pepper to taste. Arrange salad alongside asparagus.
- ☐ In the pan, over medium heat, stir garlic in remaining 6 tablespoons oil until limp, about 30 seconds.
- ☐ Add shelled beans and 2/3 cup water; cover and simmer over low heat until beans are very soft when pressed, 7 to 12 minutes. Mash with a potato masher.
- ☐ Remove from heat and push mixture through a wire strainer; discard skins.
- ☐ Return bean paste to pan over low heat and stir until hot, 2 to 3 minutes.
- ☐ Remove from heat, add cheese, and stir until melted. Sauce should be thin enough to spoon over asparagus. If necessary, add a little hot water (2 to 4 tablespoons) to thin; do not return sauce to heat or cheese will become grainy.
- ☐ Add salt and pepper to taste.
- ☐ Spoon warm sauce over warm or room-temperature asparagus.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:5.43, Inflammation Score:-9, Nutrition Score:16.247825946497%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 249.37kcal (12.47%), Fat: 16.91g (26.02%), Saturated Fat: 4.48g (28.01%), Carbohydrates: 16.26g (5.42%), Net Carbohydrates: 10.68g (3.88%), Sugar: 3.37g (3.74%), Cholesterol: 12.62mg (4.21%), Sodium: 287.86mg (12.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.45g (20.9%), Vitamin K: 56.56µg (53.87%), Vitamin A: 1893.18IU (37.86%), Folate: 125.22µg (31.31%), Manganese: 0.47mg (23.51%), Fiber: 5.58g (22.33%), Vitamin E: 3.13mg (20.88%), Iron: 3.58mg (19.88%), Phosphorus: 197.6mg (19.76%), Copper: 0.37mg (18.41%), Vitamin B2: 0.28mg (16.4%), Calcium: 159.49mg (15.95%), Vitamin B1: 0.23mg (15.55%), Potassium: 420.1mg (12%), Magnesium: 45.93mg (11.48%), Zinc: 1.64mg (10.96%), Vitamin C: 8.99mg (10.9%), Selenium: 6.32µg (9.03%), Vitamin B6: 0.18mg (8.85%), Vitamin B3: 1.58mg (7.9%), Vitamin B5: 0.43mg (4.34%), Vitamin B12: 0.12µg (1.96%)