



HEALTH SCORE

56%

Bevy of Beans and Basil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup basil leaves packed
- ☐ 1 pound avarakkai / broad beans fresh shelled
- ☐ 2 garlic cloves finely chopped
- ☐ 2.5 teaspoons juice of lemon fresh to taste
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.8 pound young romano beans fresh italian stemmed (flat beans)
- ☐ 3 tablespoons water

☐ 0.5 pound turtle beans green trimmed halved

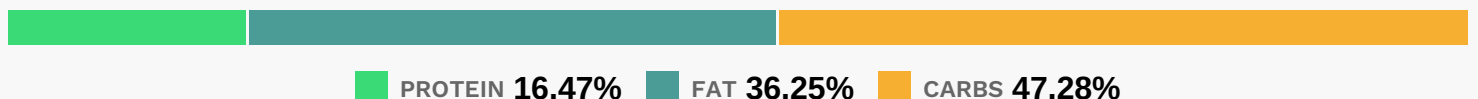
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Blanch fava beans in a pot of boiling well-salted water 1 minute, then transfer with a slotted spoon to an ice bath to stop cooking.
- ☐ Transfer favas with slotted spoon to a small bowl.
- ☐ Cook Romano beans in same pot of boiling water, stirring occasionally, until just tender, about 5 minutes, then transfer to ice bath to stop cooking.
- ☐ Drain well and transfer to a bowl.
- ☐ Cook green beans in same pot until just tender, 6 to 7 minutes, then transfer to ice bath.
- ☐ Add to Romano beans.
- ☐ Gently peel skins from fava beans (it's not necessary to peel edamame, if using), then add to other beans.
- ☐ Cut basil into very thin shreds.
- ☐ Cook garlic in oil with a rounded 1/4 teaspoon each of salt and pepper in a 12-inch heavy skillet over medium heat, stirring occasionally, 1 minute.
- ☐ Add beans, water, and zest and cook, stirring occasionally, until heated through. Stir in basil and 2 1/2 teaspoons lemon juice and remove from heat. Season with salt and additional lemon juice if desired.
- ☐ Serve beans warm or at room temperature.
- ☐ Beans can be cooked in boiling water 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:7.97, Inflammation Score:-7, Nutrition Score:11.651304431584%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 178.64kcal (8.93%), Fat: 7.52g (11.57%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 15.8g (5.74%), Sugar: 3.31g (3.68%), Cholesterol: 0mg (0%), Sodium: 10.23mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.37%), Folate: 136.32µg (34.08%), Vitamin K: 34.95µg (33.29%), Fiber: 6.28g (25.11%), Manganese: 0.47mg (23.46%), Vitamin C: 17.03mg (20.64%), Magnesium: 58.05mg (14.51%), Copper: 0.27mg (13.51%), Phosphorus: 132.72mg (13.27%), Iron: 2.23mg (12.37%), Potassium: 411.22mg (11.75%), Vitamin A: 455.78IU (9.12%), Vitamin E: 1.27mg (8.46%), Vitamin B1: 0.12mg (8.2%), Vitamin B2: 0.13mg (7.58%), Vitamin B6: 0.15mg (7.51%), Zinc: 1.07mg (7.16%), Calcium: 69.87mg (6.99%), Vitamin B3: 0.97mg (4.87%), Selenium: 2.46µg (3.51%), Vitamin B5: 0.26mg (2.59%)