



Bigilla



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon peppercorns black freshly ground
- ☐ 2 tablespoons capers
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 2 cups unshelled fava beans
- ☐ 1 tablespoon parsley fresh minced
- ☐ 2 garlic cloves chopped
- ☐ 1 tablespoon jalapeno chopped
- ☐ 1 tablespoon juice of lemon fresh

☐ 1 teaspoon salt

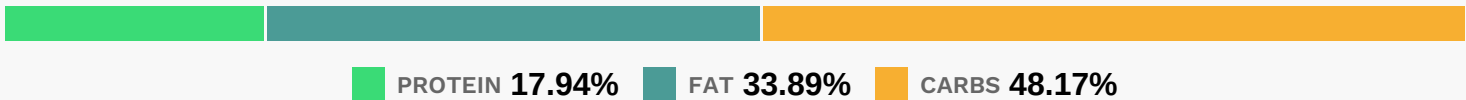
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Remove beans from pods; discard pods. Cook beans in boiling water 1 minute.
- ☐ Remove beans with a slotted spoon. Plunge beans into ice water; drain.
- ☐ Remove tough outer skins from beans; discard skins.
- ☐ Place beans in a medium saucepan; cover with water, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender.
- ☐ Drain and rinse with cold water; drain.
- ☐ Place beans and remaining ingredients in a food processor; process until smooth.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:3.63, Inflammation Score:-3, Nutrition Score:4.1456521775412%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 73.01kcal (3.65%), Fat: 2.84g (4.36%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 6.58g (2.39%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 348.75mg (15.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Folate: 46.35µg (11.59%), Vitamin K: 12.09µg (11.51%),

Manganese: 0.21mg (10.71%), Fiber: 2.48g (9.94%), Copper: 0.12mg (6.19%), Phosphorus: 55.62mg (5.56%),
Magnesium: 20.01mg (5%), Vitamin C: 4.06mg (4.92%), Iron: 0.75mg (4.17%), Potassium: 128.97mg (3.68%), Vitamin
E: 0.48mg (3.2%), Zinc: 0.46mg (3.04%), Vitamin B1: 0.04mg (2.99%), Vitamin B2: 0.04mg (2.57%), Vitamin B6:
0.05mg (2.5%), Calcium: 19.3mg (1.93%), Selenium: 1.25µg (1.79%), Vitamin B3: 0.35mg (1.77%), Vitamin A: 72.4IU
(1.45%)