



Braised Whole-pod Fava Beans with Dill

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup optional: dill chopped for garnish
- 1.5 pounds fava bean pods ends trimmed
- 0.3 cup olive oil
- 6 servings yogurt plain whole-milk or greek-style
- 0.8 teaspoon salt
- 1 tablespoon sugar
- 1 onion sweet halved thinly sliced

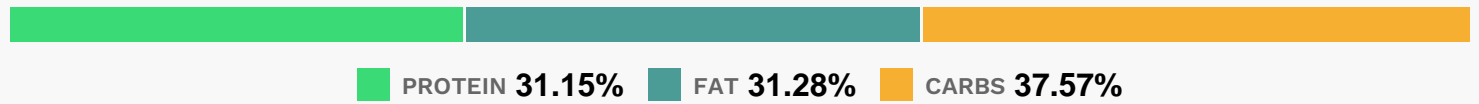
Equipment

pot

Directions

- Put oil and onion in a large pot over medium–high heat. Cook until fragrant, about 1 minute.
- Add favas, salt, sugar, and 1/4 cup water. Bring to a simmer. Cover and cook, stirring occasionally, 20 minutes.
- Add 1/4 cup dill, cover, and cook until fava pods are tender and starting to fall apart, about 10 minutes.
- Sprinkle with 1 tbsp. dill and serve warm or at room temperature, with yogurt on the side.

Nutrition Facts



Properties

Glycemic Index:23.85, Glycemic Load:10.78, Inflammation Score:-7, Nutrition Score:18.065652214963%

Flavonoids

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg

Nutrients (% of daily need)

Calories: 379.01kcal (18.95%), Fat: 13.27g (20.41%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 35.86g (11.95%), Net Carbohydrates: 29.2g (10.62%), Sugar: 13.37g (14.85%), Cholesterol: 10mg (3.33%), Sodium: 374.22mg (16.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.73g (59.45%), Phosphorus: 429.94mg (42.99%), Vitamin B2: 0.68mg (40.01%), Folate: 147.56µg (36.89%), Selenium: 23.04µg (32.91%), Manganese: 0.56mg (28.15%), Calcium: 278.25mg (27.82%), Fiber: 6.66g (26.64%), Vitamin B12: 1.4µg (23.33%), Magnesium: 76.81mg (19.2%), Potassium: 666.23mg (19.04%), Copper: 0.36mg (18.09%), Zinc: 2.3mg (15.31%), Vitamin B6: 0.28mg (14.25%), Iron: 2.18mg (12.13%), Vitamin E: 1.78mg (11.88%), Vitamin B1: 0.18mg (11.85%), Vitamin K: 10.68µg (10.17%), Vitamin B5: 0.9mg (9.02%), Vitamin B3: 1.33mg (6.66%), Vitamin C: 4.65mg (5.64%), Vitamin A: 176.71IU (3.53%)