



Broad bean & courgette salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 medium zucchini
- ☐ 200 g avarakkai / broad beans podded (1kg 2lb 4oz unpodded weight)
- ☐ 2 tbsp olive oil
- ☐ 10 walnut halves roughly chopped
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 50 ml olive oil

Equipment

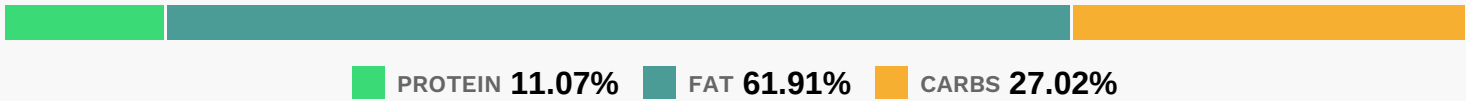
- ☐ frying pan

☐ whisk

Directions

- ☐ To make the vinaigrette, whisk the white wine vinegar and olive oil together with some seasoning, then set aside. Boil a pan of water, add the broad beans and boil for 2–3 mins.
- ☐ Drain and plunge into iced water, then leave to cool a little before removing the skins.
- ☐ Cut the baby courgettes into 4–5 pieces on the diagonal. If you are using medium courgettes, cut into four lengthways and slice into 5mm thick pieces.
- ☐ Heat the olive oil in a frying pan over a medium heat, add the courgettes. Cook, stirring for 5–8 mins, until they are a light golden colour.
- ☐ Add the broad beans and some seasoning, and cook for another 30 secs.
- ☐ Remove from the heat and stir in the vinaigrette while still warm.
- ☐ Serve with the chopped walnuts scattered over.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:5.44, Inflammation Score:-8, Nutrition Score:22.029565272124%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 317.81kcal (15.89%), Fat: 23.13g (35.58%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 22.71g (7.57%), Net Carbohydrates: 15.76g (5.73%), Sugar: 10.84g (12.05%), Cholesterol: 0mg (0%), Sodium: 34.63mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.61%), Vitamin C: 70.4mg (85.34%), Manganese: 1.08mg (53.84%), Folate: 150.98µg (37.74%), Vitamin B6: 0.7mg (35.09%), Potassium: 1180.81mg (33.74%), Vitamin K: 29.53µg (28.12%), Fiber: 6.95g (27.82%), Magnesium: 100.11mg (25.03%), Vitamin B2: 0.42mg (24.73%), Phosphorus: 229.06mg (22.91%), Vitamin E: 3.17mg (21.11%), Copper: 0.42mg (20.86%), Vitamin B1: 0.24mg (16.13%), Vitamin A: 792.5IU (15.85%), Iron: 2.47mg (13.7%), Zinc: 1.91mg (12.77%), Vitamin B3: 2.18mg (10.9%), Vitamin B5: 0.91mg (9.07%), Calcium: 86.03mg (8.6%), Selenium: 2.33µg (3.33%)