



Broad bean & feta cheese toasts

 Vegetarian

READY IN



29 min.

SERVINGS



2

CALORIES



574 kcal

Ingredients

- ☐ 350 g broad bean fresh
- ☐ 100 g feta cheese drained (or vegetarian alternative)
- ☐ 2 tbsp mint leaves shredded chopped
- ☐ 1 tbsp olive oil extra-virgin
- ☐ 50 g salad leaf mixed
- ☐ 10 cherry tomatoes halved
- ☐ 1 tsp juice of lemon
- ☐ 4 slices baguettes white thin (or brown)

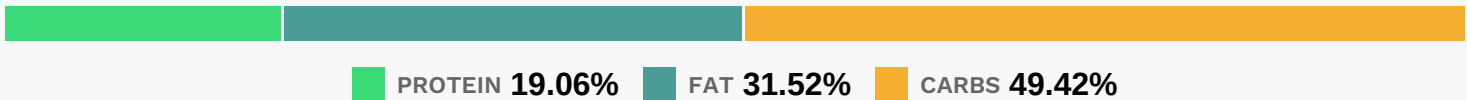
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ toaster
- ☐ colander

Directions

- ☐ Bring a small pan of water to the boil.
- ☐ Add the beans, return to the boil and cook for 4 mins.
- ☐ Drain in a colander under running water until cold. Press each bean out of its skin into a bowl.
- ☐ Crumble over the feta and scatter over the mint leaves. Season with a good grind of black pepper and drizzle with 2 tsp of the oil. Toss together.
- ☐ Toss the salad leaves and tomatoes with the remaining olive oil and lemon juice. Divide between 2 plates. Toast the bread under the grill or in a toaster until golden and crisp on both sides. To serve, spoon the bean and cheese mixture onto the warm toasts and place alongside the salad.

Nutrition Facts



Properties

Glycemic Index:78.38, Glycemic Load:36.11, Inflammation Score:-9, Nutrition Score:30.038260630939%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 573.61kcal (28.68%), Fat: 20.33g (31.28%), Saturated Fat: 8.1g (50.62%), Carbohydrates: 71.74g (23.91%), Net Carbohydrates: 60.21g (21.89%), Sugar: 8.37g (9.3%), Cholesterol: 44.5mg (14.83%), Sodium: 990.78mg

(43.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.66g (55.32%), Folate: 289.1µg (72.28%), Manganese: 1.19mg (59.64%), Phosphorus: 482.97mg (48.3%), Vitamin B2: 0.82mg (48.18%), Fiber: 11.52g (46.1%), Vitamin B1: 0.66mg (43.95%), Calcium: 393.41mg (39.34%), Selenium: 23.59µg (33.69%), Iron: 6.02mg (33.42%), Vitamin C: 27.18mg (32.95%), Copper: 0.63mg (31.43%), Magnesium: 113.22mg (28.31%), Vitamin B3: 5.26mg (26.32%), Zinc: 3.9mg (26.02%), Vitamin B6: 0.49mg (24.75%), Potassium: 819.41mg (23.41%), Vitamin A: 1005.02IU (20.1%), Vitamin B12: 0.85µg (14.08%), Vitamin K: 14.49µg (13.8%), Vitamin E: 1.8mg (11.99%), Vitamin B5: 1.15mg (11.49%), Vitamin D: 0.2µg (1.33%)