



Broad beans with tomatoes & anchovies



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 kg avarakkai / broad beans shelled (to give 350g 12oz beans)
- ☐ 3 tbsp olive oil
- ☐ 450 g cherry tomatoes halved
- ☐ 6 spring onion finely chopped
- ☐ 2 garlic clove sliced
- ☐ 4 fillet anchovy chopped
- ☐ 2 tbsp marjoram fresh chopped

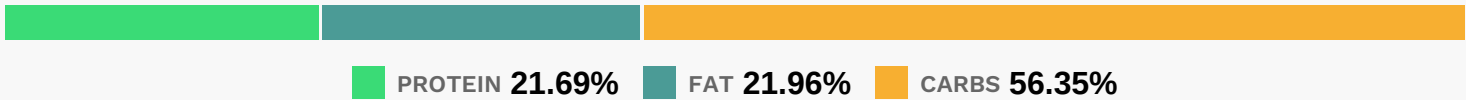
Equipment

- ☐ frying pan
- ☐ sieve

Directions

- ☐ Blanch the shelled beans in boiling water for 1 minute.
- ☐ Drain into a sieve and hold under running cold water to cool them down quickly.
- ☐ Drain again and peel off the outer hard skins make a nick in the tops and pop the beans out.
- ☐ Heat the oil in a non-stick frying pan until very hot, add the tomatoes and saut over a high heat until the juices begin to run and caramelise. Tip in the spring onions and garlic and cook over a medium heat for 1-2 minutes until the onions just begin to soften and the garlic begins to turn golden. Now add the beans and saut for 1-2 minutes until heated through. Stir in the anchovies so they break up, season to taste with salt and freshly ground black pepper, then stir in the marjoram or parsley and serve.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:27.28, Inflammation Score:-9, Nutrition Score:31.666956534852%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 484.17kcal (24.21%), Fat: 12.17g (18.72%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 70.25g (23.42%), Net Carbohydrates: 51.38g (18.69%), Sugar: 9.16g (10.18%), Cholesterol: 2.4mg (0.8%), Sodium: 36.69mg (1.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.04g (54.07%), Folate: 366.07µg (91.52%), Manganese: 1.54mg (77.23%), Fiber: 18.87g (75.48%), Vitamin K: 72.59µg (69.13%), Copper: 0.96mg (47.77%), Phosphorus: 454.24mg (45.42%), Magnesium: 155.99mg (39%), Vitamin C: 31.81mg (38.55%), Iron: 6.18mg (34.35%), Potassium: 1192.91mg (34.08%), Vitamin B1: 0.37mg (24.78%), Zinc: 3.61mg (24.05%), Vitamin B2: 0.34mg (20.07%), Vitamin B6: 0.36mg (17.95%), Vitamin B3: 3.59mg (17.94%), Vitamin A: 864.71IU (17.29%), Vitamin E: 2.34mg (15.58%), Selenium: 10.79µg (15.42%), Calcium: 152.41mg (15.24%), Vitamin B5: 0.71mg (7.08%)