



WHATSheATE



Bruschetta with Fava Beans, Greens, and Blood Oranges



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



468 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.8 cups avarakkai / broad beans frozen divided thawed (one 14-ounce bag)
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 ounces the salad mixed
- ☐ 3 navel oranges
- ☐ 6 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 18 slices crusty baguette french toasted

- ☐ 1 cup water
- ☐ 1 tablespoon balsamic vinegar white

Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Place 1/4 cup fava beans in small bowl; reserve for salad.
- ☐ Combine 1 1/2 cups favabeans, 1 cup water, and garlic in large skillet. Bring to boil. Reduce heat to medium; simmer uncovered until favabeans are tender, stirring occasionally, about 10 minutes.
- ☐ Drain favas, reserving cooking liquid.
- ☐ Transfer favas to processor; add 3 tablespoons oil and lemon juice. Puree until smooth, adding reserved cooking liquid by tablespoonfuls to moisten puree as needed. Season with salt and pepper.
- ☐ Transfer fava puree to another small bowl. DO AHEAD: Can be prepared 1 day ahead. Cover and chill fava puree and whole fava beans separately. Bring puree to room temperature before using.
- ☐ Finely grate enough peel from 1 orange to measure 1 teaspoon; squeeze 2 tablespoons juice from same orange.
- ☐ Cut off peel and white pith from remaining 2 oranges. Working over bowl and using small sharp knife, cut between membranes to release orange segments.
- ☐ Whisk orange peel, 2 tablespoons orange juice, vinegar, and 3 tablespoons oil in small bowl. Season vinaigrette with salt and pepper.
- ☐ Toss greens, orange segments, 1/4 cup favas, and vinaigrette in large bowl.
- ☐ Spread fava bean puree on warm baguette toasts, dividing equally. Top toasts with salad and serve.
- ☐ Frozen double-peeled fava beans are available at some specialty foods stores and at Middle Eastern markets.

Nutrition Facts



 **PROTEIN 11.66%**  **FAT 32.32%**  **CARBS 56.02%**

Properties

Glycemic Index:34.96, Glycemic Load:36.06, Inflammation Score:-7, Nutrition Score:19.143043476602%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 16.03mg, Hesperetin: 16.03mg, Hesperetin: 16.03mg, Hesperetin: 16.03mg Naringenin: 5.04mg, Naringenin: 5.04mg, Naringenin: 5.04mg, Naringenin: 5.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 467.7kcal (23.39%), Fat: 16.95g (26.07%), Saturated Fat: 2.5g (15.64%), Carbohydrates: 66.12g (22.04%), Net Carbohydrates: 59.86g (21.77%), Sugar: 11.88g (13.2%), Cholesterol: 0mg (0%), Sodium: 603.14mg (26.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.51%), Vitamin C: 46.9mg (56.85%), Folate: 184.35µg (46.09%), Vitamin B1: 0.66mg (44.06%), Manganese: 0.71mg (35.39%), Selenium: 17.93µg (25.62%), Vitamin B3: 5.09mg (25.47%), Fiber: 6.26g (25.04%), Iron: 4.35mg (24.15%), Vitamin B2: 0.4mg (23.32%), Phosphorus: 176.48mg (17.65%), Vitamin E: 2.42mg (16.11%), Calcium: 153.84mg (15.38%), Copper: 0.29mg (14.41%), Magnesium: 56.68mg (14.17%), Vitamin K: 12.75µg (12.15%), Potassium: 402.79mg (11.51%), Vitamin B6: 0.21mg (10.53%), Zinc: 1.36mg (9.06%), Vitamin A: 341.71IU (6.83%), Vitamin B5: 0.65mg (6.5%)