



Bruschetta with Mozzarella and Smashed Fresh Favas

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 servings aged balsamic vinegar for drizzling
- ☐ 16 slices grilled baguette
- ☐ 0.3 pound buffalo mozzarella cheese thin
- ☐ 2 cups avarakkai / broad beans fresh shelled
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 2 tablespoons mint leaves thinly sliced

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 30 servings salt and pepper freshly ground

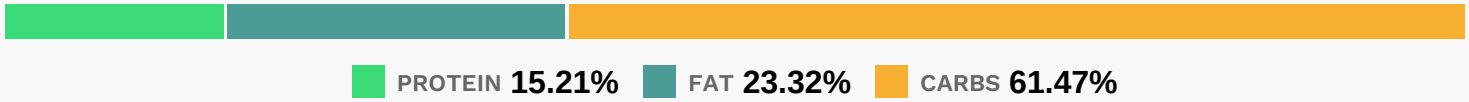
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ In a saucepan of boiling water, cook the fava beans until the skins start to loosen, 1 1/2 minutes.
- ☐ Drain and squeeze out the favas.
- ☐ Transfer the favas to a food processor and add the oil, lemon juice and zest and pulse to a coarse puree. Season with salt and pepper.
- ☐ Spread the fava-bean puree on the toasts and top with the mozzarella strips.
- ☐ Drizzle the toasts with the balsamic vinegar, scatter the mint on top and serve.

Nutrition Facts



Properties

Glycemic Index:5.99, Glycemic Load:7.93, Inflammation Score:-2, Nutrition Score:3.3113043256428%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 89.64kcal (4.48%), Fat: 2.24g (3.45%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 12.31g (4.47%), Sugar: 3.44g (3.82%), Cholesterol: 2.87mg (0.96%), Sodium: 319.09mg (13.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Calcium: 111.61mg (11.16%), Folate: 30.47µg (7.62%), Manganese: 0.15mg (7.62%), Vitamin B1: 0.11mg (7.38%), Iron: 0.91mg (5.07%), Selenium: 3.23µg (4.62%), Vitamin B3: 0.86mg (4.31%), Fiber: 1g (4%), Vitamin B2: 0.07mg (3.87%), Phosphorus: 33.68mg (3.37%), Magnesium: 11.52mg (2.88%), Copper: 0.06mg (2.77%), Vitamin A: 127.39IU (2.55%), Potassium: 74.12mg (2.12%), Zinc: 0.27mg

(1.78%), Vitamin K: 1.4µg (1.34%), Vitamin B6: 0.03mg (1.32%), Vitamin E: 0.19mg (1.24%)