



Dinner Tonight: Fava Beans with Grilled Zucchini and Homemade Garlicky Croutons

 Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 top stale cut into pieces
- 1 tablespoon thyme dried
- 1.5 cups avarakkai / broad beans shelled
- 1.5 cloves garlic minced
- 2 tablespoons juice of lemon
- 0.5 cup mint leaves
- 5 tablespoons olive oil good as needed

- 0.5 cup parmesan shaved
- 2 to 3 sized squashes yellow

Equipment

- bowl
- frying pan
- oven
- whisk
- pot
- grill pan

Directions

- Preheat the oven to 375°F. Bring a pot of salted water to boil and cook the fava beans uncovered until the beans are just tender, about 5 minutes.
- Transfer to an bowl full of ice water to cool them quickly and set the color, then slip the beans from their skins and set aside.
- In the meantime, whisk together 2 tablespoons of olive oil with 1 clove of the minced garlic, the thyme, and a teaspoon of salt.
- Add the bread and toss to coat, then bake for 10 minutes, stirring once halfway through.
- Trim the ends of the zucchini and cut them into strips, then drizzle with olive oil and a few pinches of salt.
- Heat a ridged grill pan (or a regular skillet will work) over high heat and grille or cook the zucchini for about 2 minutes/side, until cooked but not mushy. Allow to cool, then cut into bite-sized pieces.
- Toss the zucchini, fava beans, and mint with the remaining garlic, lemon juice, and a tablespoon of olive oil. Season with salt and pepper, then transfer to bowls and top with croutons and Parmesan cheese.
- Serve.

Nutrition Facts



■ PROTEIN 14.08% ■ FAT 61.81% ■ CARBS 24.11%

Properties

Glycemic Index:113.75, Glycemic Load:12.58, Inflammation Score:-10, Nutrition Score:29.190434810908%

Flavonoids

Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 600.42kcal (30.02%), Fat: 42.63g (65.59%), Saturated Fat: 9.2g (57.47%), Carbohydrates: 37.42g (12.47%), Net Carbohydrates: 26.63g (9.68%), Sugar: 7.29g (8.1%), Cholesterol: 17mg (5.67%), Sodium: 419.63mg (18.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.85g (43.71%), Vitamin K: 65.4µg (62.29%), Manganese: 1.22mg (60.82%), Vitamin C: 44.79mg (54.29%), Folate: 213.18µg (53.29%), Calcium: 442.02mg (44.2%), Fiber: 10.78g (43.14%), Phosphorus: 424.76mg (42.48%), Vitamin E: 5.53mg (36.87%), Iron: 6.11mg (33.96%), Vitamin B2: 0.52mg (30.56%), Vitamin B6: 0.6mg (30.13%), Magnesium: 114.17mg (28.54%), Potassium: 983.92mg (28.11%), Copper: 0.5mg (25.11%), Vitamin A: 1161.38IU (23.23%), Zinc: 2.83mg (18.87%), Vitamin B1: 0.26mg (17.24%), Selenium: 9.9µg (14.15%), Vitamin B3: 2.27mg (11.37%), Vitamin B5: 0.69mg (6.9%), Vitamin B12: 0.3µg (5%)