



Fava Almond Mint Crostini

 Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon sea salt such as maldon divided for toasts and as seasoning
- ☐ 2 cup avarakkai / broad beans fresh shelled (4 pounds unshelled)
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 0.3 cup olive oil as needed for brushing and for the favas
- ☐ 2 ounce parmesan cheese crumbled
- ☐ 3 ounces almonds whole

Equipment

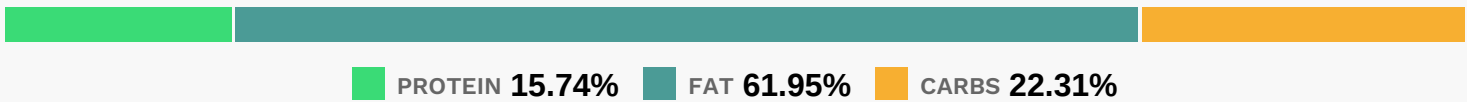
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 375 degrees. Lightly brush each bread slice on both sides with olive oil; sprinkle with salt.
- ☐ Place on a baking sheet; toast until lightly golden, about 8 minutes
- ☐ Remove from oven.
- ☐ Transfer to a wire rack to cool completely. Once cool May be stored in an airtight container up to one day.While the oven is still hot, spread the almonds on a rimmed baking sheet. Toast in oven until golden brown and fragrant, about 8 minutes.
- ☐ Let cool completely. Chop very coarsely; set aside.Prepare an ice-water bath; set aside. Bring a large pot of water to a boil.
- ☐ Add fava beans, and cook 2 minutes. Using a slotted spoon, transfer to ice-water bath to stop the cooking. Squeeze beans from skins (you should have about 2 cups).
- ☐ Whisk remaing ¼ cup (or so) olive oil, lemon juice, and a pinch of salt in a medium bowl.
- ☐ Add almonds, shelled beans, Parmesan, and mint; toss to combine. Can be refrigerated in an airtight container up to 1 day.When ready to serve scoop some of the fava mixtire onto the toasts.
- ☐ Sprinkle with sea salt.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:2.45, Inflammation Score:-3, Nutrition Score:5.3269565533037%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 131.62kcal (6.58%), Fat: 9.38g (14.43%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 5.17g (1.88%), Sugar: 0.99g (1.1%), Cholesterol: 3.21mg (1.07%), Sodium: 658.69mg (28.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.73%), Vitamin E: 2.49mg (16.57%), Manganese: 0.28mg (14.21%), Phosphorus: 102.7mg (10.27%), Fiber: 2.43g (9.72%), Calcium: 85.92mg (8.59%), Folate: 33.93µg (8.48%), Magnesium: 33.72mg (8.43%), Copper: 0.15mg (7.46%), Vitamin B2: 0.12mg (7.2%), Zinc: 0.64mg (4.28%), Iron: 0.76mg (4.23%), Potassium: 137.63mg (3.93%), Vitamin K: 3.61µg (3.44%), Vitamin B1: 0.05mg (3.01%), Selenium: 2.1µg (3%), Vitamin C: 2.05mg (2.49%), Vitamin B3: 0.48mg (2.38%), Vitamin B6: 0.04mg (1.84%), Vitamin B5: 0.11mg (1.06%)