



 **100%**
HEALTH SCORE

Fava Bean and Greens Risotto

 **Gluten Free**  **Very Healthy**

READY IN



50 min.

SERVINGS



4

CALORIES



675 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups double-shelled fava beans (see "How to Double-Shell Favas," below)
- 0.5 cup fennel bulb finely chopped
- 4 green onions sliced
- 0.3 teaspoon kosher salt
- 1 qt chicken broth reduced-sodium
- 2 tbsp olive oil
- 4 ounces pancetta diced
- 0.5 cup parmesan cheese grated

- 0.5 tsp pepper
- 2 qts leaves from mature spinach packed (leaves and tender sprigs) (not baby)
- 1 cup sushi rice
- 2 tablespoons butter unsalted

Equipment

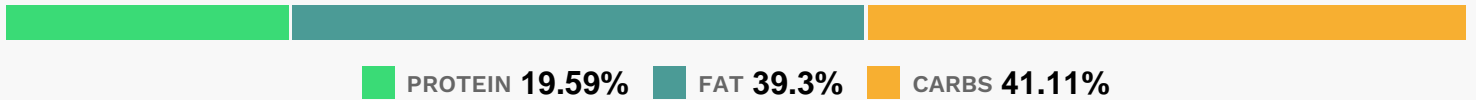
- bowl
- frying pan
- paper towels
- sauce pan
- pot
- microwave
- measuring cup
- slotted spoon
- tongs

Directions

- Brown pancetta in a large pot over medium-high heat, stirring often, about 8 minutes.
- Transfer to paper towels with a slotted spoon, leaving fat in pot.
- Meanwhile, bring broth and 1 cup water to a simmer in a small saucepan, or microwave in a glass measuring cup until hot.
- Reduce heat under large pot to medium.
- Add enough oil to fat to make 3 tbsp. Stir in green onions, fennel, rice, salt, and 1/2 tsp. pepper; cook, stirring, until rice is opaque, about 3 minutes. Stir in broth, 1/2 cup at a time, and cook, stirring constantly until almost all the broth is absorbed before adding more, until rice is tender to the bite, about 20 minutes; the texture should be fairly soupy.
- Remove from heat.
- Melt butter in a large frying pan over medium-high heat until just starting to brown.
- Add fava greens and cook, turning occasionally with tongs, until bright green, wilted, and tender, 2 to 3 minutes.

- Fold fava greens and beans, 1/2 cup cheese, and the pancetta into risotto. Stir in about 1/4cup more hot water to loosen the texture. Spoon into bowls, grind more pepper on top, and serve with more cheese if you like.
- *Find at farmers' markets.
- How to Double-Shell Favas: Makes 2 cups 30 minutes Tear open 3 lbs. fava pods*.
- Add beans from pods to a pot of boiling salted water and return to a boil. Cook just until beans are tender beneath skin (slit to check), 2 minutes.
- Drain; rinse with cold water. Peel leathery skin by tearing beans open at rounded ends and popping out beans. *Find at well-stocked grocery stores and farmers' markets. Make ahead: All but the final peeling, up to 1 day, chilled.

Nutrition Facts



Properties

Glycemic Index:77.25, Glycemic Load:38.24, Inflammation Score:-10, Nutrition Score:60.170434832573%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg Kaempferol: 30.35mg, Kaempferol: 30.35mg, Kaempferol: 30.35mg, Kaempferol: 30.35mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 20.09mg, Quercetin: 20.09mg, Quercetin: 20.09mg, Quercetin: 20.09mg

Nutrients (% of daily need)

Calories: 675.06kcal (33.75%), Fat: 30.99g (47.67%), Saturated Fat: 11.21g (70.09%), Carbohydrates: 72.92g (24.31%), Net Carbohydrates: 57.06g (20.75%), Sugar: 4.27g (4.74%), Cholesterol: 42.26mg (14.09%), Sodium: 993.01mg (43.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.75g (69.49%), Vitamin K: 2324.29µg (2213.61%), Vitamin A: 44797.95IU (895.96%), Manganese: 5.04mg (252.07%), Folate: 999.24µg (249.81%), Vitamin C: 136.71mg (165.71%), Magnesium: 427.95mg (106.99%), Potassium: 3201.13mg (91.46%), Iron: 15.56mg (86.43%), Vitamin E: 11.07mg (73.8%), Calcium: 672.28mg (67.23%), Vitamin B2: 1.13mg (66.34%), Fiber: 15.86g (63.44%), Vitamin B6: 1.14mg (57.09%), Phosphorus: 554.88mg (55.49%), Copper: 1.02mg (50.88%), Vitamin B3: 9.42mg (47.12%), Vitamin B1: 0.61mg (40.37%), Selenium: 22.11µg (31.59%), Zinc: 4.7mg (31.33%), Vitamin B5: 1.05mg (10.48%), Vitamin B12: 0.54µg (9%), Vitamin D: 0.28µg (1.87%)