



Fava Bean, Asparagus, and Arugula Salad with Shaved Pecorino

 Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



392 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 lb arugula
- ☐ 0.5 lb asparagus trimmed
- ☐ 2 teaspoons balsamic vinegar
- ☐ 2 cups avarakkai / broad beans fresh shelled () (soybeans)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 lb pecorino cheese

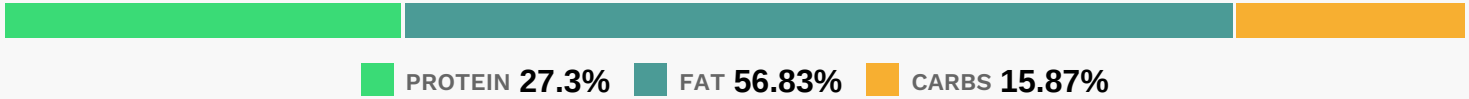
Equipment

- ☐ bowl
- ☐ pot
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ peeler

Directions

- ☐ Cut asparagus stalks on a long diagonal into 1/8-inch-thick slices, leaving 1-inch-long tips (reserve tips separately).
- ☐ Blanch asparagus tips (but not sliced stalks) in a 4-quart pot of boiling salted water 2 minutes, then immediately transfer with a slotted spoon to a bowl of ice and cold water to stop cooking.
- ☐ Return water to a boil and blanch fava beans 1 minute, then immediately transfer with slotted spoon to ice water to stop cooking.
- ☐ Drain asparagus tips and beans and gently peel skins from beans (it's not necessary to peel edamame, if using).
- ☐ Toss beans and asparagus (blanched tips and raw sliced stalks) in a bowl with 1 tablespoon oil and salt and pepper to taste, then divide among 4 plates. Toss arugula with remaining tablespoon oil and salt and pepper to taste and mound on top of vegetables. Shave thin slices of cheese over salad with a vegetable peeler (use about half of piece), then drizzle with vinegar.
- ☐ • Fava beans can be blanched and peeled 1 day ahead and chilled in a sealed plastic bag. • Be aware that fava beans can cause a potentially fatal food intolerance in some people of Mediterranean, African, and Pacific Rim descent.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.28, Inflammation Score:-8, Nutrition Score:17.711304379546%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.45mg, Isorhamnetin: 4.45mg, Isorhamnetin: 4.45mg, Isorhamnetin: 4.45mg Kaempferol: 10.68mg, Kaempferol: 10.68mg, Kaempferol: 10.68mg, Kaempferol: 10.68mg Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg

Nutrients (% of daily need)

Calories: 391.93kcal (19.6%), Fat: 25g (38.46%), Saturated Fat: 10.72g (66.98%), Carbohydrates: 15.72g (5.24%), Net Carbohydrates: 11.07g (4.03%), Sugar: 4.43g (4.93%), Cholesterol: 58.97mg (19.66%), Sodium: 689.89mg (30%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.02g (54.04%), Calcium: 723.99mg (72.4%), Vitamin K: 59.95µg (57.09%), Phosphorus: 475.61mg (47.56%), Vitamin A: 1336.68IU (26.73%), Iron: 4.12mg (22.88%), Fiber: 4.64g (18.57%), Vitamin B2: 0.31mg (18.48%), Potassium: 604.77mg (17.28%), Folate: 60.95µg (15.24%), Selenium: 9.61µg (13.73%), Zinc: 1.9mg (12.7%), Vitamin E: 1.9mg (12.67%), Magnesium: 44.81mg (11.2%), Vitamin B12: 0.63µg (10.58%), Manganese: 0.2mg (9.76%), Vitamin C: 7.43mg (9%), Vitamin B1: 0.11mg (7.64%), Copper: 0.15mg (7.32%), Vitamin B6: 0.12mg (6.02%), Vitamin B5: 0.52mg (5.2%), Vitamin B3: 0.68mg (3.42%), Vitamin D: 0.28µg (1.89%)