



Fava Bean Bruschetta

READY IN



45 min.

SERVINGS



16

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound bread baguette french cut into 32 slices
- 2 tablespoons olive oil extravirgin
- 2.3 pounds unshelled fava beans
- 1 tablespoon tarragon fresh chopped
- 1 garlic clove minced
- 1 tablespoon juice of lime fresh
- 2 ounces manchego viejo cheese shaved
- 0.3 teaspoon salt

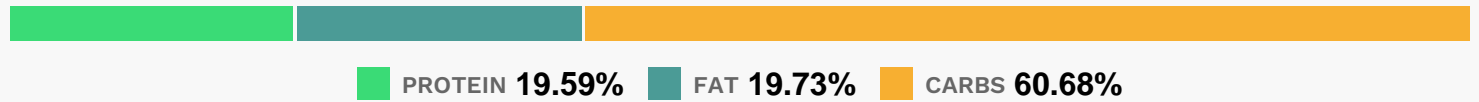
Equipment

- food processor

Directions

- Remove beans from pods; discard pods. Cook beans in boiling water 1 minute; rinse with cold water.
- Drain; remove outer skins from beans. Discard skins.
- Place beans in a food processor.
- Add tarragon and next 4 ingredients (through garlic); process until almost smooth.
- Spread about 1 1/2 teaspoons bean mixture over each bread slice. Arrange cheese evenly over bread slices.

Nutrition Facts



Properties

Glycemic Index:14.91, Glycemic Load:16.76, Inflammation Score:-4, Nutrition Score:8.4556521799253%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 179.75kcal (8.99%), Fat: 3.99g (6.14%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 23.5g (8.55%), Sugar: 2.49g (2.76%), Cholesterol: 3.79mg (1.26%), Sodium: 232.06mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.82%), Folate: 102.51µg (25.63%), Manganese: 0.46mg (22.77%), Vitamin B1: 0.26mg (17.66%), Fiber: 4.11g (16.43%), Selenium: 9.81µg (14.02%), Iron: 2.22mg (12.34%), Phosphorus: 111.29mg (11.13%), Vitamin B2: 0.18mg (10.83%), Copper: 0.21mg (10.61%), Magnesium: 38.14mg (9.54%), Vitamin B3: 1.86mg (9.31%), Calcium: 81.12mg (8.11%), Zinc: 0.96mg (6.39%), Potassium: 219.2mg (6.26%), Vitamin B6: 0.09mg (4.47%), Vitamin K: 3.11µg (2.96%), Vitamin E: 0.33mg (2.18%), Vitamin B5: 0.2mg (1.97%)