



Fava Bean Dip with Goat Cheese and Garlic



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups avarakkai / broad beans fresh shelled (broad)
- ☐ 1 tablespoon salt
- ☐ 0.5 cup garlic green chopped (can substitute 4 cloves garlic)
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 teaspoon lemon zest
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup water
- ☐ 5 ounces goat cheese

- ☐ 8 servings kosher salt and pepper freshly ground

Equipment

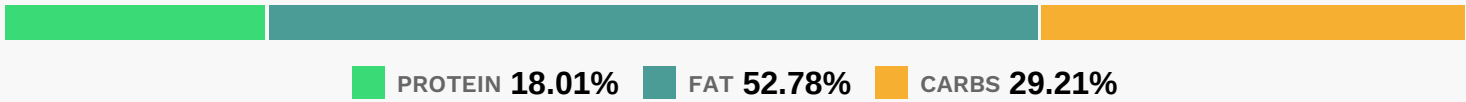
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Remove the outer shell from the fava beans. The easiest way to do this is to work over a large bowl, bend the fava bean pod near one of the beans, squeeze the bean with your fingers, to have it shoot out into the bowl when the bean snaps.
- ☐ Keep squeezing, pinching and snapping, until you've de-beaned all the pods.
- ☐ Boil the beans in salted water: Bring 2 quarts of water to a boil.
- ☐ Add 1 tablespoon salt.
- ☐ Add the shelled beans, simmer for 5 minutes.
- ☐ Use a slotted spoon to remove beans from the hot water and place in a bowl of ice water to stop the cooking and to shock the beans into maintaining their bright green color.
- ☐ Remove the beans' outer peels: When the beans have sunk to the bottom of the bowl of ice water, fish them out and remove and discard the outer peel.
- ☐ Sauté the garlic: In a small skillet, heat 1 tablespoon of olive oil on medium.
- ☐ Add the chopped green garlic (or chopped regular garlic cloves) and cook until softened, but not browned, about 3 or 4 minutes.
- ☐ Purée shelled beans with garlic, zest, lemon juice, water, olive oil:
- ☐ Place shelled and peeled beans in a food processor with softened green garlic, lemon zest, lemon juice, and water. Pulse until smooth.
- ☐ Stream in a tablespoon or two more of olive oil while puréeing.
- ☐ Stir in goat cheese: Scrape mixture out of food processor into a bowl.
- ☐ Mix in the goat cheese until well combined. Season with kosher salt and freshly ground pepper.

Serve with sliced cucumbers or jicama.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:4.3, Inflammation Score:-3, Nutrition Score:6.1091304771278%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 153.54kcal (7.68%), Fat: 9.21g (14.17%), Saturated Fat: 3.34g (20.9%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 8.95g (3.26%), Sugar: 1.12g (1.25%), Cholesterol: 8.15mg (2.72%), Sodium: 1135.15mg (49.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Manganese: 0.34mg (17.1%), Copper: 0.27mg (13.4%), Folate: 47.36µg (11.84%), Phosphorus: 111.82mg (11.18%), Fiber: 2.51g (10.05%), Vitamin B6: 0.18mg (9.12%), Vitamin B2: 0.12mg (6.78%), Iron: 1.16mg (6.46%), Magnesium: 23.6mg (5.9%), Calcium: 56.99mg (5.7%), Vitamin C: 4.55mg (5.52%), Vitamin E: 0.81mg (5.4%), Vitamin B1: 0.07mg (4.78%), Zinc: 0.7mg (4.65%), Vitamin K: 4.86µg (4.63%), Potassium: 157.13mg (4.49%), Selenium: 2.82µg (4.02%), Vitamin A: 190.52IU (3.81%), Vitamin B5: 0.24mg (2.44%), Vitamin B3: 0.44mg (2.21%)