



WHATSheATE



HEALTH SCORE

62%

## Fava Bean Fennel Salad with Parmesan



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 lbs avarakkai / broad beans fresh shelled (also called broad beans)
- ☐ 4 servings salt
- ☐ 1 small bulb fennel thinly sliced for this well (mandoline works )
- ☐ 2 ounces parmesan cheese thinly sliced
- ☐ 10 mint leaves fresh thinly sliced thin (chiffonade by stacking leaves and rolling them into a cigar shape, cut slices from the end)
- ☐ 2 scallions sliced (green onions)
- ☐ 4 servings olive oil extra virgin
- ☐ 4 servings juice of lemon

☐ 4 servings pepper black freshly ground

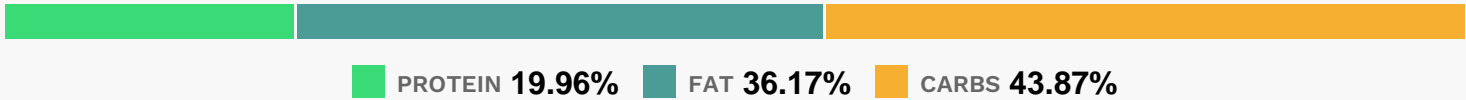
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

## Directions

- ☐ Shell the fava beans outer pod: Fava beans need to be shelled twice, first before cooking to remove the outer pod, then after cooking, to remove the tough membrane around the bean.
- ☐ To remove the outer pod, work over a large bowl and squeeze the bean with your fingers, bending the pod so that when it snaps, the bean inside shoots out into the bowl.
- ☐ Remove all the beans from their pods.
- ☐ Add the beans to 2 quarts of boiling, salted water. Simmer the beans for a few minutes, until just tender.
- ☐ Remove outer peel: Use a slotted spoon to remove the beans from the pan and plunge into a bowl of ice water to stop the cooking, and to shock the beans into a bright green color.
- ☐ Let the beans sit in the ice water for a minute or two, then drain them and remove the outer peel.
- ☐ Combine salad ingredients: In a bowl combine the freshly peeled and cooked fava beans, the sliced fennel, and onions.
- ☐ Drizzle extra virgin olive oil over the mixture, sprinkle with salt and pepper, and toss to coat.
- ☐ Squeeze some lemon juice over the the salad (about a tablespoon), add the Parmesan and mint, and toss to mix.
- ☐ Garnish with fennel fronds and/or mint sprigs.

## Nutrition Facts



## Properties

Glycemic Index:48.5, Glycemic Load:20.08, Inflammation Score:-8, Nutrition Score:24.456086976373%

## Flavonoids

Eriodictyol: 2.14mg, Eriodictyol: 2.14mg, Eriodictyol: 2.14mg, Eriodictyol: 2.14mg Hesperetin: 2.42mg, Hesperetin: 2.42mg, Hesperetin: 2.42mg, Hesperetin: 2.42mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 454.16kcal (22.71%), Fat: 18.76g (28.86%), Saturated Fat: 4.48g (27.97%), Carbohydrates: 51.2g (17.07%), Net Carbohydrates: 36.72g (13.35%), Sugar: 7.06g (7.84%), Cholesterol: 9.64mg (3.21%), Sodium: 464.81mg (20.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.3g (46.59%), Folate: 262.36µg (65.59%), Vitamin K: 64.57µg (61.49%), Fiber: 14.49g (57.95%), Manganese: 1.12mg (56.17%), Phosphorus: 416.52mg (41.65%), Copper: 0.65mg (32.38%), Magnesium: 117.98mg (29.5%), Calcium: 290.14mg (29.01%), Potassium: 910.79mg (26.02%), Iron: 4.26mg (23.68%), Zinc: 2.86mg (19.05%), Vitamin C: 15.43mg (18.7%), Vitamin E: 2.49mg (16.59%), Vitamin B2: 0.28mg (16.56%), Vitamin B1: 0.24mg (16.03%), Selenium: 9.55µg (13.65%), Vitamin B6: 0.22mg (10.89%), Vitamin B3: 2.11mg (10.57%), Vitamin A: 390.58IU (7.81%), Vitamin B5: 0.59mg (5.9%), Vitamin B12: 0.17µg (2.83%)