



Fava Bean, Pea, and Artichoke Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb artichokes
- ☐ 0.5 teaspoon pepper black
- ☐ 2 cups edamame fresh shelled () (soybeans)
- ☐ 2 cups peas fresh thawed (not)
- ☐ 2 oz guanciale smoked cut into 1/8-inch-thick matchsticks (1/2 cup) (pork jowl)
- ☐ 0.5 teaspoon juice of lemon fresh to taste
- ☐ 2 optional: lemon halved
- ☐ 5 tablespoons olive oil extra virgin extra-virgin

- ☐ 2 cups onion thinly sliced
- ☐ 2 teaspoons oregano fresh finely chopped
- ☐ 1 teaspoon salt
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ serrated knife

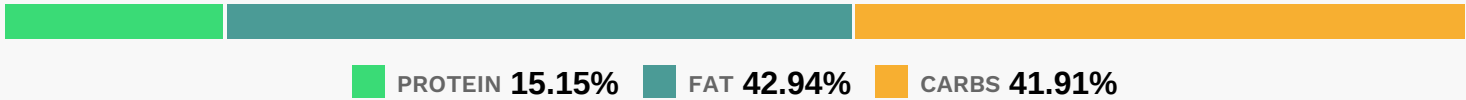
Directions

- ☐ Blanch beans in a 2-quart pot of boiling water 1 minute, then drain in a sieve and immediately transfer to a bowl of ice and cold water to stop cooking. Gently peel off skins (it's not necessary to peel edamame, if using).
- ☐ Fill a large bowl with 4 cups cold water and squeeze juice from 2 lemon halves into bowl.
- ☐ Cut off stem of 1 artichoke and reserve.
- ☐ Cut off top inch of artichoke with a serrated knife. Bend back outer leaves until they snap off close to base, then discard several more layers of leaves in same manner until you reach pale yellow leaves with pale green tips.
- ☐ Cut remaining leaves flush with top of artichoke bottom using a paring knife, then quarter bottom.
- ☐ Cut out fuzzy choke and purple leaves with paring knife. Trim dark green fibrous parts from base and side of artichoke, then rub cut surfaces with a remaining lemon half and put artichoke bottom in bowl of acidulated water.
- ☐ Trim 1/4 inch from end of reserved stem to expose inner core, then trim sides of stem down to pale inner core (don't worry if remaining stem is very thin). Rub cut surfaces with lemon half and put in bowl of acidulated water. Trim remaining artichokes, including stems, in same manner.
- ☐ Drain artichokes and cut crosswise into 1/4-inch-thick slices, including stems. Cook guanciale and onion in oil in a 5-quart heavy pot over moderate heat, stirring occasionally, until onion is

softened, about 6 minutes.

- ☐
- Add sliced artichokes, fava beans, and remaining ingredients and simmer, covered, stirring occasionally, until vegetables are tender, about 45 minutes.
- ☐
- Stew can be made 1 day ahead and chilled, covered. Stew will thicken slightly; add water to thin to desired consistency.
 - Be aware that fava beans can cause a potentially fatal food intolerance in some people of Mediterranean, African, and Pacific Rim descent.*Available at Salumeria Biellese (212-736-7376).

Nutrition Facts



Properties

Glycemic Index:41.46, Glycemic Load:10.95, Inflammation Score:-10, Nutrition Score:38.998260819394%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 11.56mg, Eriodictyol: 11.56mg, Eriodictyol: 11.56mg, Eriodictyol: 11.56mg Hesperetin: 15.16mg, Hesperetin: 15.16mg, Hesperetin: 15.16mg, Hesperetin: 15.16mg Naringenin: 42.83mg, Naringenin: 42.83mg, Naringenin: 42.83mg, Naringenin: 42.83mg Apigenin: 25.47mg, Apigenin: 25.47mg, Apigenin: 25.47mg, Apigenin: 25.47mg Luteolin: 8.89mg, Luteolin: 8.89mg, Luteolin: 8.89mg, Luteolin: 8.89mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 16.86mg, Quercetin: 16.86mg, Quercetin: 16.86mg, Quercetin: 16.86mg

Nutrients (% of daily need)

Calories: 615.64kcal (30.78%), Fat: 31.7g (48.77%), Saturated Fat: 6.71g (41.95%), Carbohydrates: 69.59g (23.2%), Net Carbohydrates: 40.73g (14.81%), Sugar: 14.28g (15.86%), Cholesterol: 15.19mg (5.06%), Sodium: 1037.13mg (45.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.16g (50.33%), Vitamin C: 103.61mg (125.58%), Fiber: 28.86g (115.45%), Vitamin K: 85.81µg (81.72%), Folate: 302.13µg (75.53%), Manganese: 1.37mg (68.55%), Magnesium: 244.72mg (61.18%), Potassium: 1977.8mg (56.51%), Copper: 0.99mg (49.69%), Iron: 8.41mg (46.7%), Phosphorus: 418.24mg (41.82%), Vitamin B6: 0.67mg (33.39%), Vitamin B1: 0.5mg (33.23%), Calcium: 282.45mg (28.24%), Vitamin B3: 5.27mg (26.35%), Vitamin E: 3.54mg (23.63%), Vitamin B2: 0.36mg (21.09%), Zinc: 2.78mg (18.52%), Vitamin B5: 1.44mg (14.4%), Vitamin A: 630.75IU (12.61%), Selenium: 2.66µg (3.8%)