



food  
network

## Fava Bean Pesto

READY IN



25 min.

SERVINGS



4

CALORIES



381 kcal

CONDIMENT

DIP

SPREAD

SAUCE

## Ingredients

- ☐ 6 leaves basil
- ☐ 0.5 teaspoon pepper black
- ☐ 8 slices round greek bread
- ☐ 1 cup avarakkai / broad beans cleaned
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon mint leaves
- ☐ 1 cup olive oil extra-virgin
- ☐ 0.5 cup parmesan

- ☐ 2 tablespoon pinenuts  toasted
- ☐ 1 teaspoon salt
- ☐ 4 ounces manouri  shaved
- ☐ 4 ounces manouri  shaved

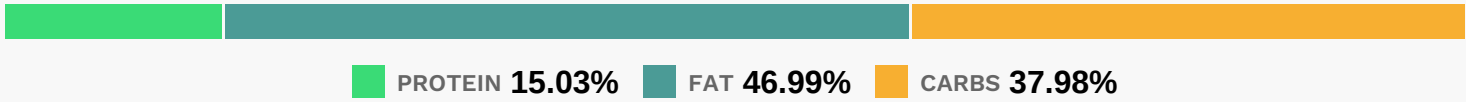
## Equipment

- ☐ blender
- ☐ grill

## Directions

- ☐ In a blender, puree all ingredients, except the Parmesan, bread, and manouri, until all ingredients are smooth. The pesto should be thick. Season with salt and black pepper. Fold in the Parmesan cheese.
- ☐ Brush the bread with olive oil and grill or toast.
- ☐ Spread the pesto on the toast and top with manouri.

## Nutrition Facts



## Properties

Glycemic Index:68.92, Glycemic Load:18.02, Inflammation Score:-5, Nutrition Score:15.603043433117%

## Flavonoids

Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 381.38kcal (19.07%), Fat: 20.19g (31.06%), Saturated Fat: 4.21g (26.33%), Carbohydrates: 36.71g (12.24%), Net Carbohydrates: 31.79g (11.56%), Sugar: 4.3g (4.78%), Cholesterol: 8.5mg (2.83%), Sodium: 1049.55mg (45.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.52g (29.05%), Manganese: 1.36mg (67.92%), Selenium: 20.2µg (28.86%), Phosphorus: 243.84mg (24.38%), Folate: 96.63µg (24.16%), Calcium: 241.47mg (24.15%), Vitamin

B1: 0.3mg (19.85%), Fiber: 4.91g (19.66%), Vitamin B3: 3.72mg (18.62%), Iron: 3.22mg (17.91%), Vitamin K: 16.92µg (16.11%), Magnesium: 61.47mg (15.37%), Vitamin E: 2.18mg (14.5%), Vitamin B2: 0.24mg (13.95%), Copper: 0.28mg (13.81%), Zinc: 1.71mg (11.41%), Potassium: 251.38mg (7.18%), Vitamin B5: 0.61mg (6.14%), Vitamin B6: 0.12mg (6.11%), Vitamin A: 200.74IU (4.01%), Vitamin B12: 0.15µg (2.5%), Vitamin C: 1.53mg (1.85%)