



Fava Bean Salad with Lemon Vinaigrette and Shaved Manchego Cheese

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

Ingredients

- ☐ 4 cups shucked fava beans fresh
- ☐ 2 tablespoons flatleaf parsley finely chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 pound manchego cheese shaved or Asiago or Romano
- ☐ 0.3 cup olive oil
- ☐ 4 servings salt and pepper black freshly ground

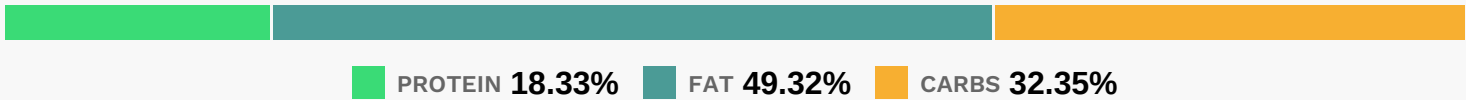
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Fill a bowl with ice and water. Bring a large pot of salted water to a boil.
- ☐ Add the fava beans and cook until just tender, 3 to 4 minutes.
- ☐ Drain and shock in ice water.
- ☐ Drain again and remove outer skins.
- ☐ Place the beans in a medium serving bowl. In a small bowl, combine the lemon juice, garlic and olive oil and whisk until blended. Season with salt and pepper to taste.
- ☐ Pour the mixture over the beans and mix well.
- ☐ Add the cheese, sprinkle with the parsley and serve.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:14.45, Inflammation Score:-7, Nutrition Score:17.006086815958%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 438.25kcal (21.91%), Fat: 24.38g (37.51%), Saturated Fat: 9.08g (56.73%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 26.57g (9.66%), Sugar: 3.54g (3.93%), Cholesterol: 30.33mg (10.11%), Sodium: 182.82mg

(7.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.38g (40.77%), Folate: 183.03µg (45.76%), Vitamin K: 46.09µg (43.89%), Manganese: 0.8mg (40.02%), Fiber: 9.4g (37.6%), Calcium: 376.03mg (37.6%), Copper: 0.46mg (22.95%), Phosphorus: 221.16mg (22.12%), Magnesium: 76.19mg (19.05%), Iron: 2.84mg (15.78%), Potassium: 499.89mg (14.28%), Vitamin E: 2.02mg (13.47%), Vitamin C: 10.32mg (12.51%), Zinc: 1.79mg (11.96%), Vitamin B1: 0.18mg (11.89%), Vitamin B2: 0.16mg (9.42%), Vitamin B6: 0.18mg (9.06%), Selenium: 5.01µg (7.16%), Vitamin A: 351.72IU (7.03%), Vitamin B3: 1.28mg (6.39%), Vitamin B5: 0.32mg (3.2%)