



Fava Bean Toasts: Bruschetta con le Fave

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices round peasant bread italian
- 0.5 pound shucked fava beans
- 0.5 bulb fennel wild finely chopped
- 2 cloves garlic finely chopped
- 4 tablespoons olive oil extra-virgin
- 4 servings salt and pepper to taste

Equipment

- food processor

- bowl
- frying pan
- paper towels

Directions

- Bring 6 quarts of water to a boil and add 2 tablespoons salt. Cook the fava beans in the boiling water until very tender, about 10 minutes.
- Drain and refresh in and ice bath.
- Drain again on paper towels, then peel the beans.
- Place the beans in the bowl of a food processor and pulse, drizzling in 4 tablespoons olive oil to make a smooth puree. Season with salt and pepper and set aside.
- In a large, heavy-bottomed skillet, heat the remaining oil over medium heat for 2 minutes.
- Add the garlic and slices of bread, a few at a time, and fry in the oil until browned on both sides.
- Remove the bread, spread with the fava puree, sprinkle with the chopped fennel and serve.

Nutrition Facts

PROTEIN 12.09% **FAT 42.55%** **CARBS 45.36%**

Properties

Glycemic Index:47.92, Glycemic Load:19.67, Inflammation Score:-5, Nutrition Score:14.421739080678%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 350.87kcal (17.54%), Fat: 16.83g (25.89%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 40.37g (13.46%), Net Carbohydrates: 34.13g (12.41%), Sugar: 5.41g (6.01%), Cholesterol: 0mg (0%), Sodium: 477.25mg (20.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.52%), Manganese: 0.99mg (49.38%), Vitamin K: 31.21µg (29.72%), Folate: 114.51µg (28.63%), Selenium: 18.02µg (25.74%), Fiber: 6.24g (24.96%), Vitamin B1: 0.29mg (19.41%), Vitamin B3: 3.73mg (18.66%), Iron: 3.19mg (17.7%), Phosphorus: 160.03mg (16%), Vitamin E: 2.3mg

(15.36%), Magnesium: 52.69mg (13.17%), Copper: 0.25mg (12.68%), Vitamin B2: 0.2mg (11.92%), Calcium: 107.72mg (10.77%), Potassium: 358.2mg (10.23%), Zinc: 1.23mg (8.21%), Vitamin B6: 0.14mg (6.77%), Vitamin B5: 0.63mg (6.25%), Vitamin C: 4.26mg (5.16%)