



## Fava Beans and Pancetta

READY IN



45 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 slices country bread toasted
- ☐ 2 cups avarakkai / broad beans fresh shelled peeled
- ☐ 2 garlic cloves minced
- ☐ 4 servings kosher salt and pepper black freshly ground to taste
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 4 ounces pecorino cheese grated shaved
- ☐ 4 ounces unsmoked bacon diced

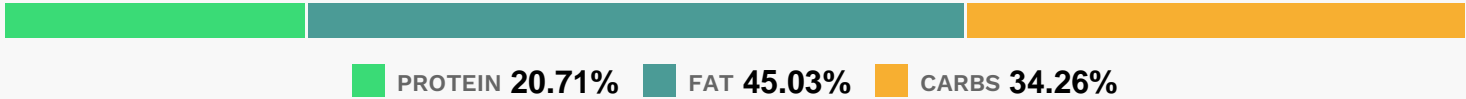
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat half the olive oil in a large sauté pan over medium heat.
- ☐ Add the pancetta and garlic and sauté until fragrant, about 5 minutes.
- ☐ Add the favas, season with the salt and pepper, and cook until the beans are tender, 6 to 8 minutes.
- ☐ Meanwhile, drizzle the remaining olive oil over the bread slices and toast in a 450°F oven for 5 to 6 minutes.
- ☐ With the back of a fork, mash the beans in the pan until the mixture is chunky.
- ☐ Spread the beans on the toasts and top with the pecorino, if desired.
- ☐ If your toddler doesn't want the toast part, give him a more finger food–friendly bowl of cooked, unmashed beans. Four–star chefs wait all year for the same privilege.

## Nutrition Facts



## Properties

Glycemic Index:51.42, Glycemic Load:21.75, Inflammation Score:-6, Nutrition Score:21.206521511078%

## Flavonoids

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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 527.41kcal (26.37%), Fat: 26.5g (40.77%), Saturated Fat: 7.86g (49.14%), Carbohydrates: 45.37g (15.12%), Net Carbohydrates: 38.48g (13.99%), Sugar: 4.98g (5.53%), Cholesterol: 43.66mg (14.55%), Sodium: 866.16mg (37.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.42g (54.85%), Manganese: 1.08mg (53.77%), Phosphorus: 465.29mg (46.53%), Selenium: 29.75µg (42.51%), Calcium: 407.8mg (40.78%), Vitamin B1: 0.54mg (35.94%), Folate: 139.18µg (34.8%), Vitamin B3: 5.53mg (27.67%), Fiber: 6.89g (27.55%), Vitamin B2: 0.37mg (21.9%), Iron: 3.82mg (21.2%), Magnesium: 76.5mg (19.12%), Zinc: 2.59mg (17.23%), Copper: 0.33mg (16.51%), Vitamin

E: 2.27mg (15.11%), Vitamin B6: 0.28mg (13.85%), Vitamin K: 14.45µg (13.76%), Potassium: 436.15mg (12.46%),  
Vitamin B5: 0.87mg (8.71%), Vitamin B12: 0.51µg (8.46%), Vitamin D: 0.94µg (6.24%), Vitamin A: 132.2IU (2.64%),  
Vitamin C: 0.83mg (1.01%)