



Fava Beans with Crème Fraîche and Mint



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup crème fraîche
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 pounds avarakkai / broad beans
- ☐ 4 servings pepper black freshly ground
- ☐ 1 lemon zest finely grated
- ☐ 0.3 cup mint leaves

Equipment

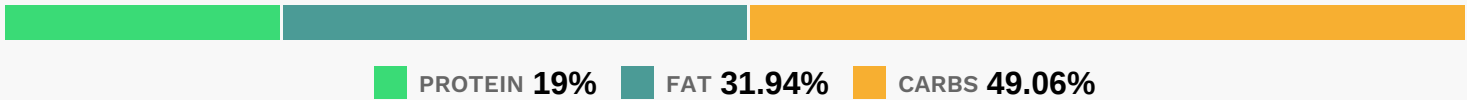
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ stove

Directions

- ☐ To prepare the favas, split open the pods and remove the beans. Meanwhile, bring a saucepan filled with salted water to a boil over high heat.
- ☐ Place a bowl filled with ice water near your stove top. Drop the beans into the boiling water and cook for 3 minutes (this is longer than most recipes instruct because the beans are not cooked again).
- ☐ Drain the beans and quickly plunge them into the ice water. With your fingernail, pierce the skin of each bean near one end and squeeze the bean gently to pop free of the skin. Don't worry if the beans separate into halves. You should have about 2 cups beans.
- ☐ In a bowl, whisk together the crème fraîche, olive oil, and salt and pepper to taste.
- ☐ Add the fava beans, mint leaves, and lemon zest and toss to combine. Cover and refrigerate for at least 30 minutes or up to 2 hours before serving to chill and allow the flavors to meld.
- ☐ Taste and adjust the seasoning with salt and pepper before serving.
- ☐ Serve chilled.
- ☐ To Drink
- ☐ The earthy, slightly bittersweet favas and the herbal of the mint call for a zesty, herbaceous Sauvignon Blanc from one of the cooler regions of California. Selene from the Carneros district in Napa Valley meets that description.
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Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:18.76, Inflammation Score:-7, Nutrition Score:17.931739216265%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg

Nutrients (% of daily need)

Calories: 371.86kcal (18.59%), Fat: 13.53g (20.81%), Saturated Fat: 4.03g (25.19%), Carbohydrates: 46.76g (15.59%), Net Carbohydrates: 34.03g (12.37%), Sugar: 5.17g (5.75%), Cholesterol: 16.96mg (5.65%), Sodium: 21.66mg (0.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.11g (36.22%), Folate: 242.08µg (60.52%), Fiber: 12.73g (50.93%), Manganese: 1.01mg (50.74%), Phosphorus: 308.42mg (30.84%), Copper: 0.61mg (30.38%), Magnesium: 103.79mg (25.95%), Iron: 3.67mg (20.41%), Potassium: 668.89mg (19.11%), Zinc: 2.43mg (16.21%), Vitamin B2: 0.26mg (15.38%), Vitamin B1: 0.23mg (15.32%), Calcium: 122.32mg (12.23%), Vitamin K: 11.39µg (10.84%), Selenium: 6.98µg (9.97%), Vitamin B6: 0.18mg (9.14%), Vitamin B3: 1.71mg (8.55%), Vitamin E: 1.17mg (7.78%), Vitamin A: 373.73IU (7.47%), Vitamin C: 4.07mg (4.93%), Vitamin B5: 0.47mg (4.72%), Vitamin B12: 0.06µg (1.01%)