



Fava Beans with Pesto and Cavatappi

READY IN



45 min.

SERVINGS



8

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound cavatappi pasta uncooked
- ☐ 3 tablespoons olive oil extravirgin
- ☐ 3 cups unshelled fava beans shelled
- ☐ 1 ounce basil leaves fresh
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup grape tomatoes halved
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 1 teaspoon salt

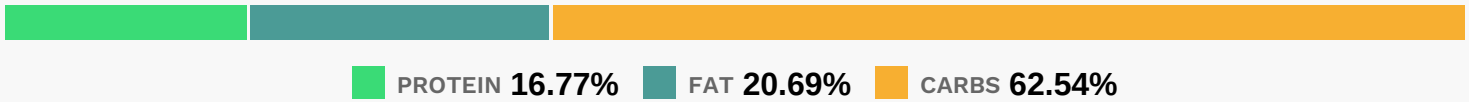
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Remove beans from pods; discard pods. Cook beans in boiling water 1 minute.
- ☐ Drain and rinse with cold water; drain.
- ☐ Remove outer skins from beans; discard skins.
- ☐ Combine basil and next 5 ingredients (through garlic) in a food processor; process until smooth. With processor on, slowly pour oil through food chute, and process until well blended.
- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Combine pasta and basil mixture in a large bowl, tossing to coat.
- ☐ Add beans and tomatoes, tossing to combine.
- ☐ Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:37.13, Glycemic Load:22.51, Inflammation Score:-6, Nutrition Score:14.008695648416%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 359.69kcal (17.98%), Fat: 8.26g (12.71%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 56.18g (18.73%), Net Carbohydrates: 50.61g (18.4%), Sugar: 3.09g (3.43%), Cholesterol: 4.82mg (1.61%), Sodium: 412.08mg (17.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.12%), Selenium: 39.16µg (55.94%), Manganese: 0.87mg (43.65%), Phosphorus: 242.25mg (24.23%), Fiber: 5.57g (22.29%), Folate: 83.18µg (20.8%), Vitamin K: 20.74µg (19.75%), Copper: 0.36mg (17.89%), Magnesium: 65.43mg (16.36%), Calcium: 130.81mg (13.08%), Zinc: 1.71mg (11.37%), Iron: 2.01mg (11.15%), Potassium: 350.64mg (10.02%), Vitamin B1: 0.12mg (8.21%), Vitamin A: 389.76IU (7.8%), Vitamin B3: 1.55mg (7.77%), Vitamin B6: 0.15mg (7.71%), Vitamin B2: 0.12mg (7.27%), Vitamin E: 0.93mg (6.21%), Vitamin C: 4.12mg (4.99%), Vitamin B5: 0.41mg (4.05%), Vitamin B12: 0.09µg (1.42%)