



Fava Beans with Red Onion and Mint (Fave con Cipolla Rossa e Menta)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 3 cups avarakkai / broad beans fresh shelled peeled ()
- ☐ 0.5 cup mint leaves generous roughly chopped
- ☐ 1 teaspoon olive oil divided
- ☐ 2 medium onions red chopped
- ☐ 6 servings sea salt fine

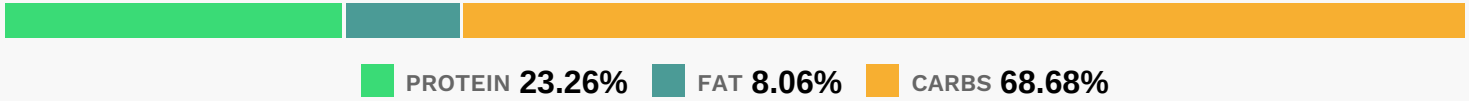
Equipment

- ☐ frying pan

Directions

- ☐ Cook fava beans with 1 teaspoon oil in boiling unsalted water until tender, 6 to 8 minutes, then drain.
- ☐ Cook onions in remaining 2 tablespoons oil in a medium skillet over medium heat, stirring, until just crisp-tender, about 4 minutes.
- ☐ Add beans and cook until just heated through, then season with sea salt and pepper. Toss in mint.
- ☐ Serve immediately.
- ☐ Fava beans can be shelled and peeled (but not cooked) 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:7.78, Inflammation Score:-5, Nutrition Score:7.4813043216%

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 Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 116.68kcal (5.83%), Fat: 1.08g (1.66%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 15.17g (5.52%), Sugar: 3.1g (3.45%), Cholesterol: 0mg (0%), Sodium: 200.68mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7g (14.01%), Folate: 99.64µg (24.91%), Manganese: 0.45mg (22.49%), Fiber: 5.51g (22.05%), Copper: 0.25mg (12.35%), Phosphorus: 119.62mg (11.96%), Magnesium: 43.22mg (10.81%), Potassium: 302.72mg (8.65%), Iron: 1.55mg (8.6%), Vitamin B1: 0.1mg (6.83%), Zinc: 0.96mg (6.42%), Vitamin B2: 0.1mg (5.62%), Vitamin B6: 0.11mg (5.5%), Vitamin C: 4.16mg (5.04%), Calcium: 48.27mg (4.83%), Vitamin B3: 0.71mg (3.55%), Vitamin A: 172.78IU (3.46%), Selenium: 2.39µg (3.42%), Vitamin K: 3.01µg (2.87%), Vitamin B5: 0.19mg (1.91%)