



Fava Crostini

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup avarakkai / broad beans fresh shelled (outer pod & inner shell removed)
- 4 servings olive oil
- 1 clove garlic clove whole
- 1 tablespoon optional: lemon
- 4 servings water
- 4 servings parmesan shaved
- 4 servings salt and pepper
- 4 servings top toasted sliced

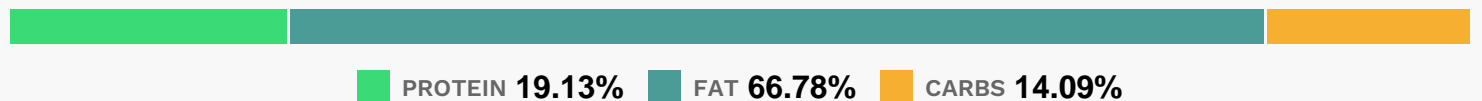
Equipment

- frying pan
- wooden spoon

Directions

- Throw the fava in a pan & cover with water & a little salt. Bring to a boil & lower to a simmer. Cook a couple of minutes until the fava are tender.
- Drain.
- Return the pan to the heat.
- Pour in a couple glugs of olive oil and the garlic clove. Fry the garlic until browned. Then discard garlic.
- Toss the fava into the pan & saute for a minute or two. Then begin mashing with the back of a wooden spoon until you form a paste. If you need to add a bit of water, do so.
- Remove fava paste from heat & season with salt & pepper add a squeeze of lemon.
- Toast slices of good bread & rub warm fava mixture & top with shaved parmesan. You can drizzle a little really good quality extra virgin olive oil as well if you like.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:4.3, Inflammation Score:-4, Nutrition Score:8.8113043478261%

Flavonoids

Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 293.02kcal (14.65%), Fat: 21.96g (33.78%), Saturated Fat: 6.89g (43.07%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 7.99g (2.91%), Sugar: 1.16g (1.29%), Cholesterol: 20.4mg (6.8%), Sodium: 694.85mg (30.21%),

Protein: 14.15g (28.3%), Calcium: 380.7mg (38.07%), Phosphorus: 264.11mg (26.41%), Vitamin E: 2.1mg (13.99%), Folate: 47.96µg (11.99%), Selenium: 8.26µg (11.8%), Manganese: 0.2mg (10.22%), Fiber: 2.44g (9.75%), Vitamin K: 10.19µg (9.7%), Magnesium: 34.65mg (8.66%), Zinc: 1.3mg (8.66%), Vitamin B2: 0.14mg (8.43%), Copper: 0.16mg (8.14%), Vitamin B12: 0.36µg (6%), Iron: 1.04mg (5.76%), Vitamin A: 241.56IU (4.83%), Potassium: 150.96mg (4.31%), Vitamin B1: 0.06mg (4.2%), Vitamin B6: 0.07mg (3.56%), Vitamin C: 2.32mg (2.81%), Vitamin B3: 0.44mg (2.2%), Vitamin B5: 0.22mg (2.17%)