



Fricassée of Beef and Fava Beans

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pound frangelico cut in half lengthwise, then crosswise into 1/2-inch-thick slices
- ☐ 2 tablespoons butter divided
- ☐ 2 large egg yolk
- ☐ 5 pounds avarakkai / broad beans fresh shelled thawed
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 teaspoon pepper black
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil divided

- ☐ 2 large onion finely chopped
- ☐ 2 teaspoons salt
- ☐ 0.5 cup whipping cream

Equipment

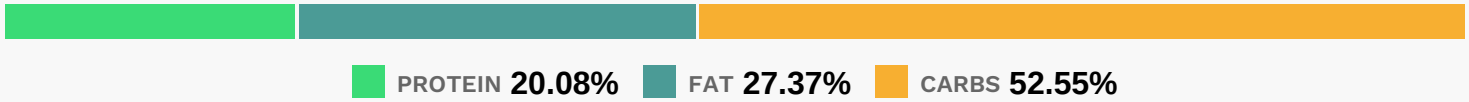
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook fresh fava beans in large pot of boiling salted water 2 minutes.
- ☐ Drain favas.
- ☐ Place in large bowl of ice water.
- ☐ Drain. Slip outer skin off each bean and discard skin; place beans in large bowl. (If using frozen beans, do not blanch.)
- ☐ Melt 1 tablespoon butter with 1 tablespoon oil in large nonstick skillet over high heat. Working in batches, add beef and sauté just until browned on both sides, about 2 minutes.
- ☐ Transfer beef to medium bowl.
- ☐ Melt remaining 1 tablespoon butter with 1 tablespoon oil in same skillet over medium heat.
- ☐ Add onions; sauté until tender and golden, about 15 minutes.
- ☐ Add fava beans; sauté 5 minutes.
- ☐ Remove from heat; cool 15 minutes.
- ☐ Meanwhile, whisk whipping cream, lemon juice, egg yolks, salt, and pepper in small bowl to blend. Stir cream mixture into fava bean mixture. Cook over medium-low heat just until sauce thickens slightly and mixture is heated through, about 6 minutes (do not boil).
- ☐ Add beef and stir until heated through, about 3 minutes.
- ☐ Transfer fricassee to rimmed platter.
- ☐ Sprinkle with mint.

☐ Fresh fava beans are available at Middle Eastern markets, some farmers' markets, and some supermarkets. Frozen double-peeled fava beans are sold at Middle Eastern markets; they don't require blanching before using in this recipe. If available, fresh lima beans can also be substituted.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:32.32, Inflammation Score:-9, Nutrition Score:30.296087099158%

Flavonoids

Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg

Nutrients (% of daily need)

Calories: 600.43kcal (30.02%), Fat: 18.73g (28.81%), Saturated Fat: 8.43g (52.68%), Carbohydrates: 80.88g (26.96%), Net Carbohydrates: 59.37g (21.59%), Sugar: 9.87g (10.97%), Cholesterol: 93.64mg (31.22%), Sodium: 834.92mg (36.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.91g (61.83%), Folate: 415.81µg (103.95%), Manganese: 1.72mg (86.22%), Fiber: 21.51g (86.04%), Phosphorus: 524.27mg (52.43%), Copper: 1.02mg (50.86%), Magnesium: 171.84mg (42.96%), Iron: 6.11mg (33.93%), Potassium: 1136.75mg (32.48%), Zinc: 4.11mg (27.43%), Vitamin B1: 0.41mg (27.2%), Vitamin B2: 0.43mg (25.02%), Selenium: 13.92µg (19.89%), Vitamin B6: 0.37mg (18.34%), Calcium: 175.76mg (17.58%), Vitamin K: 15.52µg (14.78%), Vitamin B3: 2.8mg (14.02%), Vitamin A: 620.82IU (12.42%), Vitamin C: 9.42mg (11.42%), Vitamin B5: 0.9mg (9.04%), Vitamin E: 1.21mg (8.09%), Vitamin D: 0.62µg (4.16%), Vitamin B12: 0.15µg (2.5%)