



Ful Medames (Fava Bean Dip)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups broad beans rinsed drained canned
- 3 cloves garlic minced
- 1 tsp ground cumin
- 3 tbsp juice of lemon
- 1 medium onion chopped
- 0.3 cup parsley
- 0.3 tsp to 5 chillies red
- 2 medium tomatoes chopped

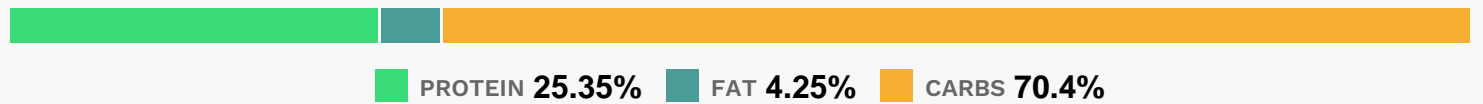
Equipment

- bowl
- frying pan

Directions

- Add the tomatoes and cook for another 4 minutes. Stir in the fava beans, cumin, and red pepper, and cook on medium–low heat for about 10 minutes.
- Remove from the heat and mash the fava beans lightly, right in the skillet, until most of the beans are mashed. Scoop into a serving bowl, and mix in the lemon juice and parsley.
- Serve with warm pita bread. Hint: Look for canned fava beans in Middle Eastern grocery stores. Some common spellings are ful medames, foul moudammes, foul mudammes, and foul moudammas.

Nutrition Facts



Properties

Glycemic Index:35.4, Glycemic Load:1.17, Inflammation Score:-7, Nutrition Score:10.13869563393%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 97.42kcal (4.87%), Fat: 0.49g (0.75%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 18.23g (6.08%), Net Carbohydrates: 13.28g (4.83%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 468.17mg (20.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.13%), Vitamin K: 53.26µg (50.73%), Vitamin C: 18.63mg (22.58%), Manganese: 0.43mg (21.4%), Fiber: 4.95g (19.79%), Vitamin A: 681.36IU (13.63%), Folate: 51.73µg (12.93%), Potassium: 436.63mg (12.48%), Magnesium: 44.26mg (11.07%), Phosphorus: 106.09mg (10.61%), Iron: 1.69mg (9.39%), Copper: 0.16mg (8.19%), Vitamin B6: 0.14mg (7.19%), Vitamin B3: 1.38mg (6.89%), Zinc: 0.83mg (5.54%),

Calcium: 48.2mg (4.82%), Vitamin B2: 0.07mg (4.36%), Vitamin B1: 0.06mg (3.98%), Selenium: 2.24µg (3.19%),
Vitamin B5: 0.23mg (2.27%), Vitamin E: 0.32mg (2.15%)