



HEALTH SCORE

70%

Ful Mudammas



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 servings to 5 chilies red



1 tsp cumin



2 servings hardboiled eggs sliced



2 servings olive oil extra virgin



16 oz broad beans canned cooked



2 servings parsley fresh minced

2 roasted garlic raw (to learn to roast garlic, [click here](#))

2 juice of lemon fresh to taste ()

- ☐ 0.5 onion minced
- ☐ 2 servings onion raw sliced into rings
- ☐ 2 servings paprika
- ☐ 2 servings salt and pepper black to taste
- ☐ 2 servings tahini
- ☐ 2 servings tomatoes diced red ripe
- ☐ 0.5 cup water

Equipment

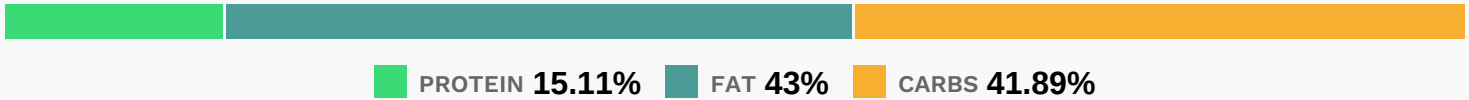
- ☐ frying pan
- ☐ mixing bowl
- ☐ pot
- ☐ potato masher
- ☐ mortar and pestle
- ☐ colander

Directions

- ☐ If using dried beans, soak them overnight, then cover with water and simmer till tender.
- ☐ Drain and set aside. If using canned fava beans, pour them into a colander to drain. Rinse the beans in cold water. Set aside. In a large skillet, heat 1 tbsp olive oil over medium heat. Fry the diced onion till it becomes translucent and golden.
- ☐ Add roasted garlic and cumin, sauté for 1 minute till fragrant.
- ☐ Add the fava beans to the pan, then add about ½ cup of water to the skillet. Bring mixture to a boil. Reduce heat to medium low, season with salt and pepper to taste (I usually add about ½ tsp salt and a dash of pepper). Cover the skillet.
- ☐ Let mixture simmer for about 10 minutes on medium low heat until the beans are nice and tender.
- ☐ Remove lid from pot and continue to cook until the liquid has reduced by about 75 percent.
- ☐ Remove from heat.

- ☐
- Pour the fava bean mixture into a mixing bowl. Squeeze in the fresh lemon juice. Mash the mixture to a semi-smooth consistency; it should be a little more chunky than hummus. For a mashing tool, I like to use my spice pestle. You can also use a potato masher or the back of a large metal spoon.
- ☐
- Serve each portion on a plate as you would hummus. Create a shallow basin in the center of the ful mudammas.
- ☐
- Drizzle olive oil lightly inside the basin, then garnish with the ingredients of your choice.

Nutrition Facts



Properties

Glycemic Index:109.5, Glycemic Load:4.26, Inflammation Score:-10, Nutrition Score:31.439565175253%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 19.21mg, Quercetin: 19.21mg, Quercetin: 19.21mg, Quercetin: 19.21mg

Nutrients (% of daily need)

Calories: 466.44kcal (23.32%), Fat: 23.64g (36.37%), Saturated Fat: 3.33g (20.81%), Carbohydrates: 51.81g (17.27%), Net Carbohydrates: 37.91g (13.79%), Sugar: 9.82g (10.91%), Cholesterol: 3.73mg (1.24%), Sodium: 1250.19mg (54.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.39%), Vitamin K: 91.69µg (87.33%), Vitamin C: 67.81mg (82.19%), Vitamin A: 2970.99IU (59.42%), Fiber: 13.9g (55.59%), Manganese: 1.11mg (55.48%), Phosphorus: 391.39mg (39.14%), Potassium: 1326.96mg (37.91%), Folate: 148.21µg (37.05%), Copper: 0.69mg (34.62%), Magnesium: 129.64mg (32.41%), Iron: 5.19mg (28.86%), Vitamin B1: 0.43mg (28.39%), Vitamin B6: 0.52mg (26.06%), Vitamin E: 3.78mg (25.18%), Vitamin B3: 4.66mg (23.3%), Zinc: 2.82mg (18.77%), Selenium: 10.65µg (15.22%), Calcium: 147.67mg (14.77%), Vitamin B2: 0.24mg (14.19%), Vitamin B5: 0.69mg (6.89%)