



WHATSheATE



Herbed Fava Beans With Pasta



Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup bow-tie pasta



2.5 pounds fava beans in the pods fresh shelled or



1 clove garlic smashed



6 servings kosher salt



4 sprigs mint leaves finely chopped



3 tablespoons olive oil extra-virgin



4 sprigs parsley finely chopped



6 servings pepper freshly ground

- ☐ 1 bunch scallions finely chopped
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Fill a large bowl with ice water. Bring a large pot of salted water to a boil.
- ☐ Add the fava beans and cook 30 seconds.
- ☐ Remove with a slotted spoon and transfer to the ice water; let cool about 5 minutes (keep the pot of water boiling).
- ☐ Drain the beans, then peel off their skins (they should slip right off).
- ☐ Add the pasta to the boiling water and cook as the label directs. Reserve about 1 1/2 cups cooking water, then drain the pasta.
- ☐ Heat the olive oil, garlic, mint sprigs, parsley sprigs and all but 2 tablespoons of the scallions in a large skillet over medium heat. Cook, stirring, until the scallions are soft, 1 to 2 minutes.
- ☐ Add the favas and 1 cup of the reserved cooking water. Bring to a simmer and cook until the favas are tender and the liquid is slightly reduced, 8 to 10 minutes; discard the garlic and herb sprigs.
- ☐ Add the pasta to the skillet and cook, tossing until it absorbs some of the sauce, about 3 minutes. Stir in the butter, chopped mint and parsley, reserved scallions, and salt and pepper to taste.
- ☐ Add more cooking water to loosen, if needed.
- ☐ Serve warm or at room temperature.
- ☐ Tip: If you can't find fresh fava beans, use frozen shelled and skinned ones and blanch as directed.
- ☐ Photograph by Kana Okada

Nutrition Facts



 **PROTEIN 18.13%**  **FAT 30.13%**  **CARBS 51.74%**

Properties

Glycemic Index:37.67, Glycemic Load:18.75, Inflammation Score:-7, Nutrition Score:16.266956633848%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 343.32kcal (17.17%), Fat: 11.72g (18.03%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 45.27g (15.09%), Net Carbohydrates: 34.53g (12.56%), Sugar: 3.81g (4.24%), Cholesterol: 10.03mg (3.34%), Sodium: 205.82mg (8.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.87g (31.74%), Folate: 202.86µg (50.72%), Manganese: 0.92mg (46.22%), Fiber: 10.74g (42.96%), Vitamin K: 29.42µg (28.02%), Copper: 0.53mg (26.43%), Phosphorus: 259.54mg (25.95%), Magnesium: 88.63mg (22.16%), Iron: 3.16mg (17.55%), Selenium: 11.38µg (16.26%), Potassium: 551.9mg (15.77%), Zinc: 2.09mg (13.94%), Vitamin B1: 0.2mg (13.13%), Vitamin B2: 0.18mg (10.71%), Vitamin B6: 0.16mg (8.04%), Vitamin E: 1.19mg (7.96%), Calcium: 78.22mg (7.82%), Vitamin B3: 1.56mg (7.81%), Vitamin A: 269.92IU (5.4%), Vitamin B5: 0.36mg (3.57%), Vitamin C: 2.57mg (3.12%)