



Open-Face Fava and Egg Salad Sandwiches

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



953 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon caraway seeds
- 8 slices challah bread (with sesame seeds), lightly toasted
- 0.5 teaspoon california chile
- 2 tablespoons cilantro leaves (whole chopped)
- 2 teaspoons coriander seeds
- 4 servings egg salad
- 1.3 cups double-shelled fava beans (see "How to Double-Shell Favas," below)
- 1 garlic clove

- 5 large hard-cooked eggs
- 0.5 teaspoon kosher salt
- 1.5 teaspoons juice of lemon
- 0.7 cup mayonnaise
- 2.5 tablespoons olive oil extra-virgin
- 4 servings fava salad

Equipment

- bowl
- knife
- pot
- blender
- mortar and pestle

Directions

- Make fava salad: In a bowl, coarsely mash fava beans with a pastry blender. Stir in oil, lemon juice, and salt. Set aside.
- Make egg salad: Peel and slice eggs; set aside. Using a mortar and pestle, coarsely grind garlic, coriander seeds, chile, caraway seeds, and salt to make tabil. Stir in mayonnaise, mashing mixture a bit.
- Generously smear one side of toasts with tabil mayonnaise. Arrange a layer of eggs on top, then spoon fava salad over eggs. Scatter chopped cilantro over sandwiches and garnish with cilantro leaves.
- Serve sandwiches open-face and eat with a knife and fork.
- *Find in the spice aisle at well-stocked supermarkets, Latino markets, and americanspice.com.
- How to Double-Shell Favas: Makes 2 cups 30 minutes Tear open 3 lbs. fava pods*.
- Add beans from pods to a pot of boiling salted water and return to a boil. Cook just until beans are tender beneath skin (slit to check), 2 minutes.
- Drain; rinse with cold water. Peel leathery skin by tearing beans open at rounded ends and popping out beans. *Find at well-stocked grocery stores and farmers' markets. Make ahead:

All but the final peeling, up to 1 day, chilled.

Nutrition Facts

PROTEIN 14.56% **FAT 51.68%** **CARBS 33.76%**

Properties

Glycemic Index:68.25, Glycemic Load:11.7, Inflammation Score:-8, Nutrition Score:35.57608709128%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 953.49kcal (47.67%), Fat: 54.62g (84.02%), Saturated Fat: 10.78g (67.4%), Carbohydrates: 80.29g (26.76%), Net Carbohydrates: 69.83g (25.39%), Sugar: 5.58g (6.21%), Cholesterol: 466.55mg (155.51%), Sodium: 1078.33mg (46.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.63g (69.25%), Selenium: 69.53µg (99.33%), Folate: 306.71µg (76.68%), Vitamin K: 72.15µg (68.71%), Vitamin B2: 1.12mg (65.89%), Manganese: 1.18mg (59.15%), Phosphorus: 495.19mg (49.52%), Vitamin B1: 0.67mg (44.48%), Fiber: 10.45g (41.81%), Iron: 7.16mg (39.78%), Vitamin B3: 6.25mg (31.23%), Copper: 0.59mg (29.69%), Vitamin E: 3.91mg (26.06%), Magnesium: 95.99mg (24%), Zinc: 3.59mg (23.93%), Calcium: 217.45mg (21.75%), Vitamin B5: 2.14mg (21.39%), Vitamin B12: 1.24µg (20.6%), Potassium: 664.19mg (18.98%), Vitamin D: 2.75µg (18.36%), Vitamin A: 851.48IU (17.03%), Vitamin B6: 0.34mg (16.77%), Vitamin C: 2.57mg (3.11%)