



Pea, Asparagus, and Fava Bean Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 2 bunches asparagus thick trimmed peeled
- ☐ 4 slices bacon crumbled cooked
- ☐ 2 cups avarakkai / broad beans fresh frozen thawed (from 2 pounds pods)
- ☐ 1 cup peas fresh frozen shelled thawed (from 1 pound pods)
- ☐ 6 servings pepper freshly ground
- ☐ 1 tablespoon juice of lemon fresh ()
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon pecorino cheese finely grated

- ☐ 1 shallots thinly sliced
- ☐ 0.5 cup vegetable oil

Equipment

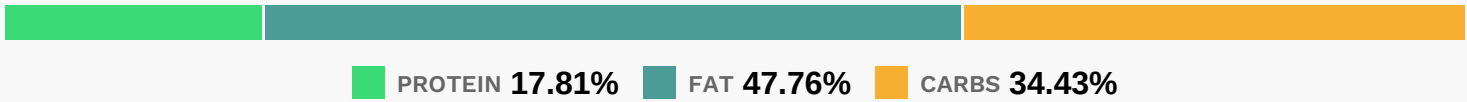
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ tongs
- ☐ colander

Directions

- ☐ Whisk olive oil, Pecorino, and 1 tablespoon lemon juice in a medium bowl to blend. Season with salt, pepper, and more lemon juice, if desired. Set dressing aside.
- ☐ If using fresh fava beans, cook in a large saucepan of boiling salted water until tender, about 4 minutes. Using a slotted spoon, transfer to a colander set in a bowl of ice water (do not cook frozen beans).
- ☐ Drain and peel; place in a large bowl.
- ☐ Return water in saucepan to a boil; add asparagus and cook until just tender, about 4 minutes. Using tongs, transfer to colander in ice water.
- ☐ If using fresh peas, return water in saucepan to a boil; add peas and cook until tender, about 3 minutes (do not cook frozen peas).
- ☐ Drain; transfer to colander in ice water.
- ☐ Drain vegetables.
- ☐ Add to bowl with fava beans.
- ☐ Combine vegetable oil and shallot in a small saucepan over medium heat and cook, stirring occasionally, until shallot is golden brown and crisp, 10–12 minutes.
- ☐ Transfer shallot to a paper towel-lined plate.
- ☐ Add dressing to bowl with vegetables, season with salt and pepper, and toss to coat.
- ☐ Transfer salad to a serving platter and top with shallot and bacon.

DO AHEAD: Dressing and vegetables canbe prepared 1 day ahead. Cover separatelyand chill.

Nutrition Facts



Properties

Glycemic Index:37.22, Glycemic Load:6.66, Inflammation Score:-8, Nutrition Score:19.903913002299%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg 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 Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Quercetin: 20.98mg, Quercetin: 20.98mg, Quercetin: 20.98mg, Quercetin: 20.98mg

Nutrients (% of daily need)

Calories: 237.89kcal (11.89%), Fat: 13.25g (20.38%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 13.74g (5%), Sugar: 5.62g (6.24%), Cholesterol: 6.15mg (2.05%), Sodium: 107.33mg (4.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.11g (22.23%), Vitamin K: 81.15µg (77.28%), Folate: 154.63µg (38.66%), Fiber: 7.75g (31.01%), Manganese: 0.6mg (30.06%), Vitamin A: 1333.67IU (26.67%), Iron: 4.57mg (25.41%), Vitamin B1: 0.37mg (24.48%), Copper: 0.48mg (24.2%), Vitamin C: 19.54mg (23.68%), Vitamin E: 3.07mg (20.49%), Phosphorus: 204.82mg (20.48%), Vitamin B2: 0.31mg (18.28%), Potassium: 559.05mg (15.97%), Vitamin B3: 2.95mg (14.74%), Magnesium: 56.53mg (14.13%), Vitamin B6: 0.26mg (13.16%), Zinc: 1.89mg (12.57%), Selenium: 8.24µg (11.77%), Calcium: 74.1mg (7.41%), Vitamin B5: 0.61mg (6.05%), Vitamin B12: 0.07µg (1.12%)