



Roasted Asparagus with Fresh Favas and Morels

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

Ingredients

- 1.5 pounds asparagus thick trimmed
- 1 cup avarakkai / broad beans fresh shelled
- 2 teaspoons thyme leaves fresh chopped
- 0.5 ounce morel mushrooms dried rinsed
- 3 tablespoons olive oil
- 3 slices pancetta chopped
- 1 shallots chopped

1 tablespoon sherry vinegar

0.5 cup water

Equipment

bowl

baking sheet

sauce pan

oven

skewers

Directions

Bring 1/2 cup water to boil in small saucepan.

Add mushrooms.

Remove from heat.

Place shallot in small bowl.

Add vinegar.

Let mixture stand 30 minutes.

Preheat oven to 450°F. Cook favas in large saucepan of boiling salted water until crisp-tender, about 2 minutes.

Drain. Rinse under cold water.

Drain.

Remove and discard outer skin of each fava bean; transfer favas to medium bowl.

Place asparagus on large rimmed baking sheet.

Drizzle with 1 tablespoon oil.

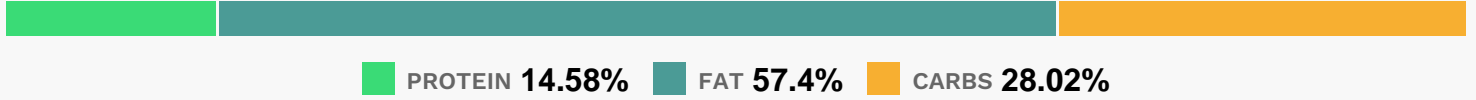
Sprinkle with salt and pepper. Toss to coat. Roast asparagus until tender when pierced with skewer, about 20 minutes.

Meanwhile, drain mushrooms and slice thinly. Sauté pancetta in saucepan over medium heat until crisp, about 5 minutes.

Add remaining 2 tablespoons oil and sliced mushrooms; sauté 2 minutes.

- Add shallot mixture; simmer 2 minutes.
- Add favas and toss to heat through. Stir in thyme. Season fava–mushroom mixture to taste with salt and pepper.
- Place asparagus on platter. Top with fava–mushroom mixture and serve.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:3.21, Inflammation Score:-8, Nutrition Score:12.140869526759%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 149.8kcal (7.49%), Fat: 10.06g (15.47%), Saturated Fat: 1.97g (12.29%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 6.84g (2.49%), Sugar: 2.99g (3.32%), Cholesterol: 4.62mg (1.54%), Sodium: 52.41mg (2.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.49%), Vitamin K: 52.24µg (49.75%), Folate: 90.36µg (22.59%), Iron: 3.38mg (18.81%), Vitamin A: 895.97IU (17.92%), Manganese: 0.34mg (16.89%), Fiber: 4.2g (16.82%), Copper: 0.32mg (15.81%), Vitamin E: 2.33mg (15.51%), Vitamin B1: 0.21mg (14.23%), Vitamin B2: 0.2mg (11.74%), Phosphorus: 112.45mg (11.25%), Potassium: 347.59mg (9.93%), Vitamin C: 7.85mg (9.51%), Vitamin B3: 1.67mg (8.33%), Vitamin B6: 0.16mg (8.11%), Magnesium: 31.59mg (7.9%), Zinc: 1.06mg (7.07%), Selenium: 4.85µg (6.93%), Calcium: 43.83mg (4.38%), Vitamin B5: 0.42mg (4.19%)