



Sizzling Halloumi Cheese with Fava Beans and Mint

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds avarakkai / broad beans fresh shelled
- ☐ 25.5 ounce halloumi cheese dry rinsed cut lengthwise into 6 slices, , patted
- ☐ 1 optional: lemon cut into 6 wedges
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 2 tablespoons mint leaves plus 6 sprigs fresh for garnish
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 6 peperoncini
- ☐ 7 ounces peas fresh frozen shelled thawed

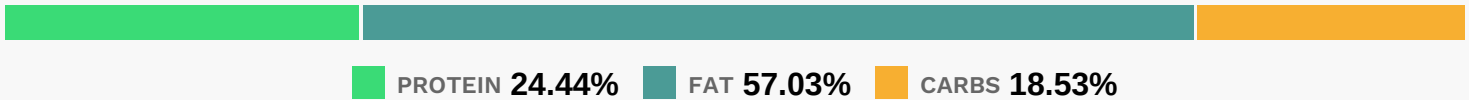
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ If using fresh fava beans, blanch beans in medium saucepan of boiling salted water 2 minutes; transfer to bowl of ice water. Peel beans. If using fresh peas, blanch in same saucepan of boiling salted water until just tender, about 3 minutes. Using slotted spoon, transfer peas to ice water; cool.
- ☐ Drain peas.
- ☐ Place fava beans, peas, olive oil, 2 tablespoons mint leaves, and lemon peel in large skillet. Cook over medium heat until warmed through, stirring often, about 3 minutes. Season with salt and pepper. Divide vegetable mixture among 6 plates.
- ☐ Heat large nonstick skillet over medium heat.
- ☐ Add cheese slices and fry until golden, about 1 minute per side. Arrange 3 cheese slices atop vegetables on each plate.
- ☐ Drizzle with lemon juice, top with peperoncini, garnish with lemon wedges and mint sprigs, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.31, Glycemic Load:9.39, Inflammation Score:-6, Nutrition Score:17.026521817498%

Flavonoids

Eriodictyol: 4.6mg, Eriodictyol: 4.6mg, Eriodictyol: 4.6mg, Eriodictyol: 4.6mg Hesperetin: 5.91mg, Hesperetin: 5.91mg, Hesperetin: 5.91mg, Hesperetin: 5.91mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 582.8kcal (29.14%), Fat: 37.28g (57.35%), Saturated Fat: 21.55g (134.7%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 19.05g (6.93%), Sugar: 5.01g (5.57%), Cholesterol: 0mg (0%), Sodium: 1454.63mg (63.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.94g (71.88%), Calcium: 1258.98mg (125.9%), Vitamin C: 35.08mg (42.52%), Fiber: 8.21g (32.83%), Folate: 127.69µg (31.92%), Manganese: 0.57mg (28.45%), Copper: 0.33mg (16.31%), Phosphorus: 161.66mg (16.17%), Vitamin K: 16.11µg (15.34%), Magnesium: 56.47mg (14.12%), Vitamin B1: 0.2mg (13.21%), Iron: 2.19mg (12.19%), Potassium: 400.7mg (11.45%), Zinc: 1.42mg (9.49%), Vitamin B6: 0.18mg (9.01%), Vitamin B2: 0.14mg (8.4%), Vitamin E: 1.18mg (7.84%), Vitamin B3: 1.54mg (7.71%), Vitamin A: 376.75IU (7.54%), Selenium: 3.17µg (4.52%), Vitamin B5: 0.26mg (2.59%)