



Spaghetti with Fava Bean Puree & Ragusano Cheese

READY IN



20 min.

SERVINGS



4

CALORIES



1006 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound ragusano cheese grated
- ☐ 5 tablespoon olive oil extra virgin plus more for drizzling
- ☐ 4 cup avarakkai / broad beans shelled
- ☐ 2 tablespoon flat parsley minced
- ☐ 4 servings kosher salt as needed
- ☐ 0.5 cup onion roughly chopped
- ☐ 4 servings freshly cracked pepper black as needed
- ☐ 1 pound pasta like spaghetti

- ☐ 1 cup vegetable broth

Equipment

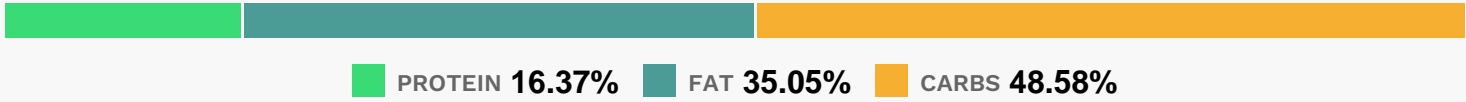
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the shelled fava beans and blanch for one minute.
- ☐ Transfer with slotted spoon to a prepared ice bath to stop cooking. Reserve the salted water for the pasta.
- ☐ Drain beans, gently peel and discard outer skins.
- ☐ Heat a large saucepan over medium heat.
- ☐ Add two tablespoons olive oil, the onion, chopped celery and a pinch of salt. Cook until softened, about five minutes.
- ☐ Add three-quarters cup vegetable broth and bring to a boil. Lower the heat to simmer and add half of the peeled fava beans and about two tablespoons minced celery leaves. Cook one minute, remove from heat and transfer the mixture to a food processor or blender, Pulsing until a rough puree is achieved.
- ☐ Transfer the puree to a small saucepan, stir in remaining vegetable broth a little at a time to achieve a nice consistency.
- ☐ Add the reserved fava beans. Season with salt and pepper to taste. Return the reserved pot of salted water to a boil; add pasta and cook according to package directions until al dente. Meanwhile, in a large skillet, heat remaining olive oil over medium heat until just warm. Stir in the minced parsley.
- ☐ Drain the pasta and add it to the skillet with oil and parsley; heat over medium high heat tossing to coat, about two minutes.

- ☐
- Remove from heat, add half of the cheese and toss to combine.Divide the fava bean puree among serving plates. Top with pasta and remaining cheese.
- ☐
- Drizzle with olive oil.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:65.75, Glycemic Load:49.25, Inflammation Score:-9, Nutrition Score:33.596956418908%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 1005.65kcal (50.28%), Fat: 39.21g (60.32%), Saturated Fat: 13.74g (85.87%), Carbohydrates: 122.27g (40.76%), Net Carbohydrates: 109.03g (39.65%), Sugar: 7.67g (8.53%), Cholesterol: 56.7mg (18.9%), Sodium: 817.2mg (35.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.21g (82.42%), Selenium: 92.24µg (131.77%), Manganese: 1.8mg (90.17%), Phosphorus: 693.62mg (69.36%), Folate: 215.98µg (53.99%), Fiber: 13.24g (52.96%), Calcium: 493.97mg (49.4%), Vitamin K: 49.98µg (47.6%), Copper: 0.8mg (39.95%), Magnesium: 151.69mg (37.92%), Zinc: 5.45mg (36.36%), Vitamin B2: 0.48mg (28.05%), Iron: 4.39mg (24.39%), Potassium: 793.96mg (22.68%), Vitamin E: 3.12mg (20.83%), Vitamin B1: 0.29mg (19.63%), Vitamin A: 888.19IU (17.76%), Vitamin B6: 0.35mg (17.43%), Vitamin B3: 3.22mg (16.08%), Vitamin B5: 1.02mg (10.24%), Vitamin B12: 0.6µg (10.02%), Vitamin C: 4.65mg (5.64%), Vitamin D: 0.34µg (2.27%)