

Fava Bean and Fennel Risotto

Yield: 5 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/marinated-italian-fava-bean-recipe>

Ingredients:

- 4 tablespoons olive oil
- 1/2 onion chopped
- 1 fennel bulb cored and sliced thin
- 2 cups risotto rice arborio
- 1/2 cup white wine
- 6 cups vegetable broth
- 1 1/2 pounds fava beans
- 1 cup Parmesan
- fronds fennel, chopped for garnish, optional
- 2 heads radicchio
- 2 1/2 tablespoons olive oil
- freshly ground pepper
- salt

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 104 grams
3. Cholesterol: 15 milligrams
4. Fat: 24 grams
5. Fiber: 12 grams
6. Protein: 25 grams
7. SaturatedFat: 6 grams
8. Sodium: 1660 milligrams
9. Sugar: 7 grams

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