

Fava Bean Dip with Goat Cheese and Garlic

Yield: 2 min
Total Time: 30 min

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

Ingredients:

- broad beans 2-3 pounds fresh fava, shelled, about 2 cups
- 1 tablespoon salt
- 1/2 cup green garlic chopped, can substitute 4 cloves chopped garlic
- olive oil
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- 1/4 cup water or more
- 5 ounces goat cheese
- freshly ground pepper
- kosher salt

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 75 milligrams
4. Fat: 36 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 19 grams
8. Sodium: 4190 milligrams
9. Sugar: 2 grams

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