

# Warm Fava Bean Salad

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-caviar-salad-recipe>

## Ingredients:

- 3 5/16 pounds fresh fava beans in their pods or, off season 400 gr. peeled frozen fava beans
- 1 tablespoon olive oil
- fleur de sel
- ground black pepper
- 2 tablespoons caviar dried tomato, find it in fresh produce aisle or dried tomatoes, tapenade and anchovy aisle
- 1 spring onion with its stem, finely chopped
- 4 3/8 ounces smoked bacon
- 1 tablespoon balsamic vinegar

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 70 milligrams
4. Fat: 23 grams
5. Fiber: 19 grams
6. Protein: 36 grams
7. SaturatedFat: 5 grams
8. Sodium: 670 milligrams
9. Sugar: 8 grams

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