

# Fava Bean Scafata

Yield: 3 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-fava-beans-italian-onion-parsley-lemon-pancetta>

## Ingredients:

- 1/2 pound fava beans shelled
- 3 ounces pancetta or bacon, or guanciale if you can find it, cut into cubes
- 1 onion small, minced
- 1 handful cherry tomatoes roughly chopped
- 1/2 pound Swiss chard roughly chopped
- 2 tablespoons olive oil

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 15 milligrams
4. Fat: 10 grams
5. Fiber: 6 grams
6. Protein: 14 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 470 milligrams
9. Sugar: 5 grams

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