

# Fava Bean Salad

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 19 ounces fava beans drained
- 2 fresh tomatoes medium, chopped
- 1 onion small, diced
- 1 cucumber diced
- 2 cloves garlic minced
- 1/4 cup fresh parsley chopped
- 1 lemon juiced
- 3 tablespoons olive oil
- 1 teaspoon ground cumin
- salt
- black pepper

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 40 grams
3. Fat: 10 grams
4. Fiber: 11 grams
5. Protein: 13 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 210 milligrams
8. Sugar: 7 grams

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