

**FOUL MEDAMMAS** 10 minutes 2 portions**INGREDIENTS**

- 1 cup of broadbeans (fava beans), mature seeds, canned [256 g]
- 2 tablespoons of oil, olive [22 g]
- 2 measures of lemon juice, fresh [20 g]
- 1 clove of garlic, raw [3 g]

COOKING METHOD

1º Drain the beans, add all ingredients and boil for 2 minutes.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (151 g)	% DRI
ENERGY	128 kcal	193 kcal	10 %
FAT	7 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	8 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	386 mg	580 mg	24 %
CARBOHYDRATE	11 g	17 g	6 %
SUGARS	0 g	0 g	–
FIBER	3 g	5 g	19 %
PROTEIN	5 g	7 g	–