

Broad Bean

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Broad beans is rich in dietary fiber and protects against breast cancer

GEEK TALK

Vicia faba

BUT WE TALK

Paranta pīṇs (Tamil), Vyāpaka sēma (Hindi), Habas (Spanish)

DID YOU KNOW?

Broad beans are one of the earliest cultivated crops with evidence suggesting them to be used in Mediterranean culture as well. It has a long history and different civilizations capitalized it for different uses like in ancient Greece and Rome beans were used in casting votes.

A white bean meant “Yes” and black meant “No”. In Italy, it is also known as “beans of the dead” as it saved Sicily once from starvation as all the other crops experienced a failure that year.

Broad beans are considered as a sign of good luck by some by some people there. There are several varieties of broad bean like Aquadulce which has a very long pod containing 8 to 9 seeds, The Seville, the pod of which contains 6 seeds and the best variety, early Aquitaine.

Broad Beans are a source of a large number of different nutrients, vitamins and minerals including protein, fiber, vitamins A, C and K, the minerals magnesium, potassium, and iron.

China is the leading producer of broad bean in the world.

KITCHEN PHARMACY

- The bean is a very rich source of dietary fiber which helps to reduce blood cholesterol levels.
- Broad beans are rich in phytonutrients such as

isoflavone and plant-sterols which works as a protection against breast cancer.

- They also contain good amounts of vitamin-B6, thiamin, riboflavin, and niacin. These vitamins function as co-enzymes in cellular metabolism of carbohydrate, protein, and fat.
- Broad beans are also one of the fine sources of minerals like iron, copper, manganese, calcium, magnesium.

