



Baby Leeks in Wine Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



61 kcal

SAUCE

Ingredients

- ☐ 24 baby leeks ()
- ☐ 0.8 cup cooking wine dry white
- ☐ 1 clove garlic chopped
- ☐ 8 servings salt and fresh-ground pepper
- ☐ 0.5 optional: lemon thinly sliced
- ☐ 8 servings strands of lemon peel thin
- ☐ 0.8 cup onion chopped
- ☐ 8 parsley sprigs

- ☐ 2 roma tomatoes cored seeded chopped (6 oz. total)
- ☐ 0.8 cup vegetable broth

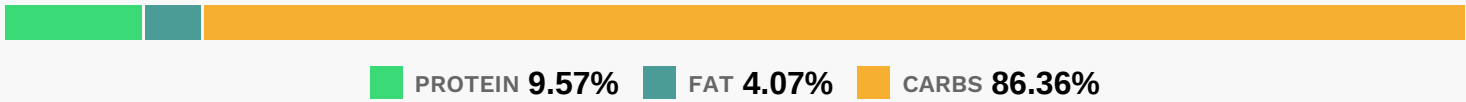
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Trim off and discard leek roots and tops, making each leek 6 inches long. Rinse well.
- ☐ In a 10- to 12-inch nonstick frying pan, combine onion and garlic. Stir over medium-high heat until onion is limp, 4 to 5 minutes.
- ☐ Add wine, broth, lemon slices, tomatoes, and parsley to pan.
- ☐ Lay leeks in pan. Cover and bring to boiling over high heat. Turn heat to low and simmer until leeks are tender when pierced, about 10 minutes.
- ☐ With a slotted spoon, transfer leeks to a shallow rimmed dish.
- ☐ Discard lemon slices and parsley. Boil tomato mixture over high heat until reduced to about 1 cup, 3 to 5 minutes.
- ☐ Pour sauce across center of leeks.
- ☐ Garnish with lemon peel and season to taste with salt and pepper.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.56, Glycemic Load:2.74, Inflammation Score:-7, Nutrition Score:6.8595650740292%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg

0.23mg, Naringenin: 0.23mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 60.59kcal (3.03%), Fat: 0.22g (0.34%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 8.98g (3.27%), Sugar: 3.51g (3.9%), Cholesterol: 0mg (0%), Sodium: 294.79mg (12.82%), Alcohol: 2.32g (100%), Alcohol %: 2.23% (100%), Protein: 1.17g (2.34%), Vitamin K: 40.34µg (38.42%), Vitamin A: 1062.36IU (21.25%), Vitamin C: 14.28mg (17.3%), Manganese: 0.3mg (15.23%), Folate: 38.42µg (9.6%), Vitamin B6: 0.16mg (8.24%), Iron: 1.25mg (6.97%), Fiber: 1.56g (6.22%), Potassium: 177.73mg (5.08%), Magnesium: 20.06mg (5.02%), Calcium: 39.55mg (3.95%), Copper: 0.08mg (3.95%), Vitamin E: 0.55mg (3.64%), Vitamin B1: 0.05mg (3.13%), Phosphorus: 31.18mg (3.12%), Vitamin B3: 0.35mg (1.75%), Vitamin B2: 0.03mg (1.63%), Vitamin B5: 0.13mg (1.29%), Zinc: 0.16mg (1.04%)