



Baked Leeks

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 0.3 cup flour all-purpose
- 0.5 teaspoon garlic powder
- 4 medium leeks halved lengthwise
- 4 servings salt and pepper to taste
- 0.5 cup cheddar cheese shredded
- 1.5 cups skim milk

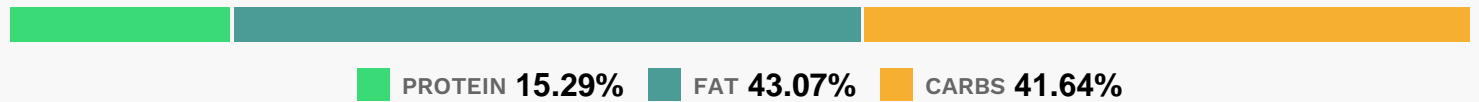
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a 9x12 inch baking pan.
- Melt butter over low heat. Stir in flour until smooth. Gradually stir in milk and cheese until cheese is melted. Season with garlic powder, salt, and pepper.
- Remove from heat. Arrange the leeks in a single layer in the prepared pan and cover with the cheese sauce.
- Bake for 30 minutes in the preheated oven, until leeks are tender and sauce is bubbly.

Nutrition Facts



Properties

Glycemic Index:55.56, Glycemic Load:9.45, Inflammation Score:-8, Nutrition Score:14.324782641038%

Flavonoids

Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 223.03kcal (11.15%), Fat: 10.9g (16.77%), Saturated Fat: 6.4g (40.02%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 21.87g (7.95%), Sugar: 8.19g (9.1%), Cholesterol: 31.93mg (10.64%), Sodium: 387.03mg (16.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.41%), Vitamin K: 42.68µg (40.65%), Vitamin A: 1987.52IU (39.75%), Calcium: 276.92mg (27.69%), Manganese: 0.49mg (24.49%), Phosphorus: 205.82mg (20.58%), Folate: 76.45µg (19.11%), Vitamin B2: 0.25mg (14.76%), Vitamin B6: 0.28mg (14.01%), Selenium: 9.53µg (13.62%), Vitamin C: 10.68mg (12.95%), Iron: 2.28mg (12.66%), Vitamin B12: 0.69µg (11.57%), Vitamin B1: 0.17mg (11.48%), Magnesium: 41.91mg (10.48%), Potassium: 339.06mg (9.69%), Zinc: 1.11mg (7.41%), Fiber: 1.85g (7.39%), Vitamin E: 1.09mg (7.3%), Vitamin D: 1.1µg (7.3%), Copper: 0.13mg (6.33%), Vitamin B5: 0.56mg (5.56%), Vitamin B3: 0.94mg (4.69%)