



Braised Leeks



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 3 pounds leeks cleaned
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water

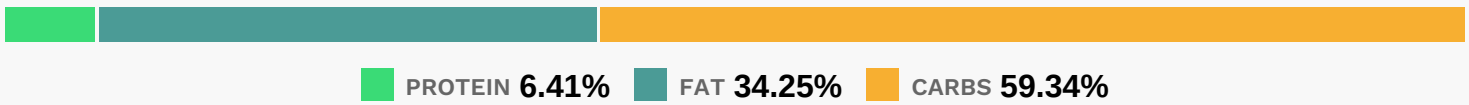
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large heavy skillet; add leeks, tossing well to coat with butter. Cover and cook over medium heat 10 minutes.
- ☐ Add water; bring to a boil. Reduce heat; cover and cook over low heat 15 minutes or until leeks are tender.
- ☐ Drain well.
- ☐ Sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:9.01, Inflammation Score:-10, Nutrition Score:20.973912934894%

Flavonoids

Kaempferol: 6.06mg, Kaempferol: 6.06mg, Kaempferol: 6.06mg, Kaempferol: 6.06mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 206.56kcal (10.33%), Fat: 8.3g (12.76%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 28.24g (10.27%), Sugar: 8.85g (9.83%), Cholesterol: 0mg (0%), Sodium: 330.33mg (14.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (6.99%), Vitamin K: 106.73µg (101.65%), Vitamin A: 4119.47IU (82.39%), Manganese: 1.1mg (55.1%), Folate: 145.26µg (36.31%), Vitamin C: 27.23mg (33.01%), Iron: 4.77mg (26.51%), Vitamin B6: 0.53mg (26.48%), Fiber: 4.1g (16.41%), Magnesium: 64.33mg (16.08%), Vitamin E: 2.38mg (15.87%), Copper: 0.28mg (13.99%), Calcium: 138.32mg (13.83%), Potassium: 413.35mg (11.81%), Vitamin B1: 0.14mg (9.14%), Phosphorus: 81.69mg (8.17%), Vitamin B3: 0.91mg (4.55%), Vitamin B2: 0.07mg (4.22%), Vitamin B5: 0.33mg (3.27%), Selenium: 2.27µg (3.25%), Zinc: 0.28mg (1.85%)