



WHATSheATE



## Braised leeks & apples



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

### Ingredients

- ☐ 3 small leek sliced
- ☐ 2 apples cored cut into wedges
- ☐ 3 sprigs thyme leaves
- ☐ 300 ml vegetable stock
- ☐ 1 knob butter

### Equipment

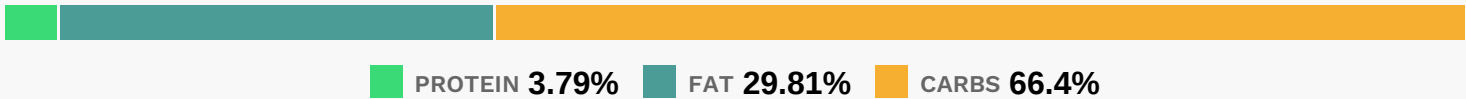
- ☐ casserole dish

# Directions

- ☐
- Arrange the leeks and apple wedges in a single layer in a wide, shallow casserole dish with a lid. Poke the sprigs of thyme in among the leeks and pour over the stock. Season and dot the butter on top.

☐

## Nutrition Facts



## Properties

Glycemic Index:51, Glycemic Load:6.43, Inflammation Score:-9, Nutrition Score:8.056521727987%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

## Nutrients (% of daily need)

Calories: 130.16kcal (6.51%), Fat: 4.63g (7.12%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 19.69g (7.16%), Sugar: 12.7g (14.12%), Cholesterol: 11.29mg (3.76%), Sodium: 346.07mg (15.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Vitamin K: 33.74µg (32.14%), Vitamin A: 1487.37IU (29.75%), Manganese: 0.37mg (18.29%), Vitamin C: 13.4mg (16.24%), Fiber: 3.49g (13.96%), Folate: 45.94µg (11.49%), Vitamin B6: 0.2mg (9.78%), Iron: 1.64mg (9.13%), Potassium: 223.35mg (6.38%), Magnesium: 24.55mg (6.14%), Vitamin E: 0.9mg (6%), Copper: 0.11mg (5.44%), Calcium: 49.14mg (4.91%), Vitamin B1: 0.06mg (3.74%), Phosphorus: 35.43mg (3.54%), Vitamin B2: 0.05mg (2.88%), Vitamin B3: 0.37mg (1.83%), Vitamin B5: 0.16mg (1.58%), Selenium: 0.72µg (1.03%)