



## Braised leeks & peas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



111 kcal

SIDE DISH

## Ingredients

- ☐ 6 leek trimmed
- ☐ 250 ml vegetable stock
- ☐ 3 garlic clove sliced
- ☐ 4 thyme sprigs
- ☐ 200 g pea-mond dressing frozen
- ☐ 2 tsp olive oil

## Equipment

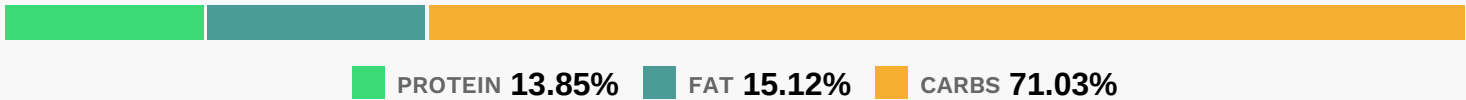
- ☐ frying pan

☐ slotted spoon

## Directions

- ☐ Discard outer, darker, tougher leaves from the leeks, then halve each into 2 shorter lengths and rinse under cold running water.
- ☐ Pour the chicken or veg stock into a large, wide shallow pan, then scatter in the garlic and thyme sprigs.
- ☐ Lay the leeks in the pan, trying not to crowd them, then season with pepper. Cover and simmer for 15 mins until almost tender. Tip in the peas, bring back to the boil and simmer for a further 5 mins until the veg is cooked. Using a slotted spoon, transfer the leeks, peas and garlic to a warm serving dish, season with extra pepper, drizzle over the olive oil and finish with a scattering of thyme leaves.

## Nutrition Facts



## Properties

Glycemic Index:32.17, Glycemic Load:5.89, Inflammation Score:-9, Nutrition Score:11.756956401079%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 111.19kcal (5.56%), Fat: 1.96g (3.02%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 20.75g (6.92%), Net Carbohydrates: 16.85g (6.13%), Sugar: 4.94g (5.49%), Cholesterol: 0mg (0%), Sodium: 185.03mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.09%), Vitamin K: 43.33µg (41.26%), Vitamin A: 1608.59IU (32.17%), Folate: 126.64µg (31.66%), Manganese: 0.62mg (31.15%), Iron: 2.86mg (15.87%), Fiber: 3.89g (15.57%), Vitamin C: 12.35mg (14.97%), Vitamin B6: 0.26mg (13.08%), Magnesium: 44.03mg (11.01%), Copper: 0.2mg (10.22%), Phosphorus: 86.15mg (8.62%), Vitamin B1: 0.12mg (8.27%), Vitamin E: 1.13mg (7.53%), Potassium: 262.96mg (7.51%), Calcium: 65.94mg (6.59%), Zinc: 0.57mg (3.78%), Vitamin B2: 0.05mg (2.93%), Selenium: 1.94µg (2.77%), Vitamin B5: 0.27mg (2.73%), Vitamin B3: 0.54mg (2.72%)