



Braised Leeks with Warm Pancetta Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large carrots cut into (3-inch) pieces
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 1 garlic clove crushed
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 Dash kosher salt
- ☐ 2 tablespoons leek finely chopped

- ☐ 4 leeks trimmed halved lengthwise
- ☐ 2 tablespoons brown sugar light
- ☐ 1 teaspoon olive oil
- ☐ 1 ounce pancetta finely chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 1 thyme sprig

Equipment

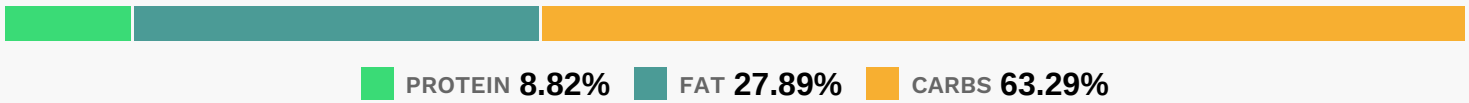
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Preheat oven to 32
- ☐ To prepare leeks, arrange leek halves in an 8-inch baking dish; sprinkle evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add broth and next 3 ingredients (through 1 thyme sprig).
- ☐ Cut 1 (8-inch) square of parchment paper; lightly coat with cooking spray.
- ☐ Place parchment over leek mixture, coated side down.
- ☐ Bake at 325 for 50 minutes or until leeks are tender.
- ☐ Let stand 5 minutes; drain cooking liquid through a sieve over a bowl, reserving solids.
- ☐ Place cooking liquid in a small, heavy saucepan; bring to a boil. Cook until reduced to 1/4 cup (about 8 minutes). Chop cooked carrot; set aside. Coarsely chop cooked garlic; set aside.
- ☐ To prepare dressing, heat oil in a small skillet over medium-high heat.

- ☐ Add pancetta to pan; saut 5 minutes or until crisp. Stir in garlic and chopped leek; saut 2 minutes, stirring occasionally.
- ☐ Sprinkle with sugar; saut 1 minute or until sugar dissolves. Stir in vinegar; simmer 2 minutes.
- ☐ Add braising liquid, 1/8 teaspoon pepper, and dash of salt; simmer 2 minutes or until slightly thick.
- ☐ Remove from heat. Arrange leek halves in a serving dish; sprinkle with carrot.
- ☐ Drizzle pancetta mixture over leek halves.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:62.46, Glycemic Load:4.5, Inflammation Score:-10, Nutrition Score:13.691738991634%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 135.46kcal (6.77%), Fat: 4.3g (6.62%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 19.64g (7.14%), Sugar: 10.57g (11.74%), Cholesterol: 4.68mg (1.56%), Sodium: 584.89mg (25.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin A: 4629.55IU (92.59%), Vitamin K: 48.6µg (46.29%), Manganese: 0.55mg (27.57%), Folate: 66.19µg (16.55%), Vitamin C: 13.34mg (16.17%), Vitamin B6: 0.29mg (14.67%), Iron: 2.42mg (13.43%), Fiber: 2.34g (9.35%), Potassium: 291.55mg (8.33%), Magnesium: 32.9mg (8.23%), Vitamin E: 1.18mg (7.88%), Copper: 0.15mg (7.67%), Calcium: 75.75mg (7.58%), Vitamin B3: 1.34mg (6.71%), Vitamin B1: 0.1mg (6.47%), Selenium: 4.47µg (6.38%), Phosphorus: 62.75mg (6.28%), Vitamin B2: 0.07mg (3.84%), Vitamin B12: 0.21µg (3.43%), Vitamin B5: 0.34mg (3.42%), Zinc: 0.28mg (1.88%)