



Buttered leeks



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

Ingredients



1.8 kg leek trimmed



50 g butter for serving



8 servings thyme leaves for garnish

Equipment



frying pan

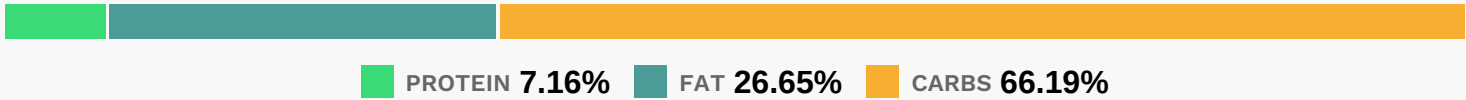


ziploc bags

Directions

- ☐ The day before you want to serve this dish, cut the leeks from top to root and wash thoroughly under cold running water. Thinly slice them on the diagonal and put into plastic bags and chill until ready to cook.
- ☐ To serve, put a large pan over a medium heat, add the butter and let it melt over the base of the pan.
- ☐ Add the leeks and plenty of seasoning and stir to coat in the butter. Turn the heat down to low, cover the pan and cook the leeks gently for about 15 minutes, stirring half way through until they are tender.
- ☐ Serve with extra butter and a sprinkling of thyme leaves.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:8.98, Inflammation Score:-10, Nutrition Score:20.890434583892%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 6.01mg, Kaempferol: 6.01mg, Kaempferol: 6.01mg, Kaempferol: 6.01mg 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: 183.07kcal (9.15%), Fat: 5.76g (8.86%), Saturated Fat: 3.31g (20.67%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 28.01g (10.18%), Sugar: 8.78g (9.75%), Cholesterol: 13.44mg (4.48%), Sodium: 85.28mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.97%), Vitamin K: 106.19µg (101.13%), Vitamin A: 3954.45IU (79.09%), Manganese: 1.1mg (54.97%), Folate: 144.64µg (36.16%), Vitamin C: 28.6mg (34.67%), Iron: 4.9mg (27.23%), Vitamin B6: 0.53mg (26.4%), Fiber: 4.19g (16.76%), Magnesium: 64.72mg (16.18%), Vitamin E: 2.21mg (14.77%), Calcium: 138.3mg (13.83%), Copper: 0.28mg (13.78%), Potassium: 412.59mg (11.79%), Vitamin B1: 0.14mg (9.05%), Phosphorus: 81.31mg (8.13%), Vitamin B3: 0.92mg (4.6%), Vitamin B2: 0.07mg (4.37%), Selenium: 2.31µg (3.3%), Vitamin B5: 0.33mg (3.26%), Zinc: 0.29mg (1.96%)