



Cheesy leeks & ham

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 small leek white
- ☐ 8 slices finely-chopped ham cooked
- ☐ 100 g cheddar cheese grated
- ☐ 2 tbsp dijon mustard
- ☐ 6 tbsp crème fraîche (full or half-fat)

Equipment

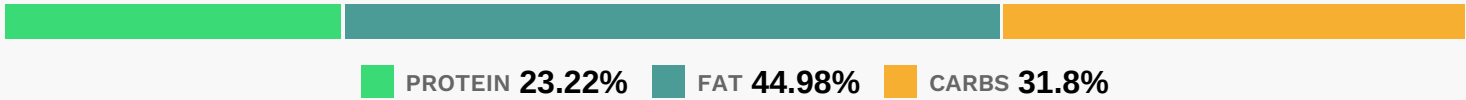
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/fan180C/gas
- ☐ Cook the leeks in a pan of boiling salted water for 4–5 mins or until just tender.
- ☐ Drain and cool under a cold tap to stop them from cooking any further, then drain again well and pat dry on kitchen paper.
- ☐ Wrap each leek in a slice of ham, then arrange, side-by-side, in a large baking dish.
- ☐ Mix the cheddar in a bowl with the Dijon mustard and crme frache, until well combined. Season to taste.
- ☐ Spread over the leeks, then bake for 15–20 mins until bubbling and golden brown.
- ☐ Serve at once with plenty of crusty bread to mop up the juices.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:7.25, Inflammation Score:-10, Nutrition Score:26.168260740197%

Flavonoids

Kaempferol: 4.75mg, Kaempferol: 4.75mg, Kaempferol: 4.75mg, Kaempferol: 4.75mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 334.23kcal (16.71%), Fat: 17.05g (26.23%), Saturated Fat: 7.66g (47.88%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 23.59g (8.58%), Sugar: 7.74g (8.61%), Cholesterol: 76.5mg (25.5%), Sodium: 933.98mg (40.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.8g (39.61%), Vitamin K: 84.64µg (80.61%), Vitamin A: 3335.22IU (66.7%), Manganese: 0.92mg (45.91%), Vitamin C: 34.6mg (41.94%), Phosphorus: 362.1mg (36.21%), Selenium: 23.16µg (33.08%), Calcium: 308.04mg (30.8%), Folate: 122.46µg (30.61%), Vitamin B6: 0.59mg (29.4%), Vitamin B1: 0.43mg (28.57%), Iron: 4.39mg (24.37%), Vitamin B2: 0.33mg (19.54%), Magnesium: 73.75mg (18.44%), Vitamin B12: 1.09µg (18.21%), Zinc: 2.49mg (16.58%), Potassium: 530.76mg (15.16%), Copper: 0.29mg (14.72%), Fiber: 3.53g (14.11%), Vitamin B3: 2.77mg (13.87%), Vitamin E: 1.92mg (12.8%), Vitamin B5: 0.92mg (9.24%)