



Cheesy leeks with ham

READY IN



25 min.

SERVINGS



2

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large leeks washed trimmed halved
- ☐ 4 slices ham
- ☐ 50 g parmesan
- ☐ 100 ml crème fraîche
- ☐ 1 slice bread

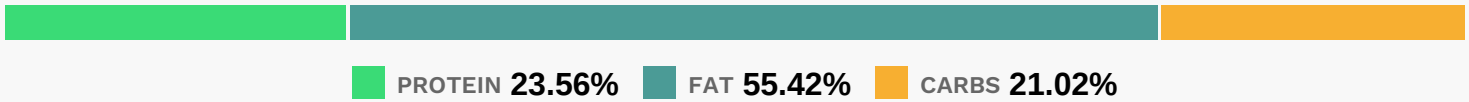
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas 6 and boil the kettle.
- ☐ Place the leeks in a single layer in a large saucepan and add enough hot water from the kettle to cover. Bring to the boil, then cover and simmer for 5 mins until the leeks are just tender.
- ☐ Lay 2 slices of ham, overlapping, on a board, then sit 2 leek halves at one end. Wrap up, repeat with the other leeks, then place the parcels in a small ovenproof dish.
- ☐ Mix three-quarters of the cheese with the crme frache, then season and spoon over the parcels.
- ☐ Mix the remaining parmesan with the breadcrumbs and scatter over the top.
- ☐ Bake for 15 mins until the cheese is golden and bubbling.
- ☐ Serve with a green salad and crusty bread to mop up the sauce.

Nutrition Facts



Properties

Glycemic Index:58.83, Glycemic Load:7.32, Inflammation Score:-9, Nutrition Score:20.195217329523%

Flavonoids

Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 422.97kcal (21.15%), Fat: 26.18g (40.28%), Saturated Fat: 12.49g (78.09%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 20.18g (7.34%), Sugar: 6.13g (6.81%), Cholesterol: 80.4mg (26.8%), Sodium: 1164.31mg (50.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.07%), Calcium: 419.02mg (41.9%), Vitamin K: 43.67µg (41.59%), Vitamin A: 1981.99IU (39.64%), Phosphorus: 379.49mg (37.95%), Selenium: 25.06µg (35.8%), Vitamin B1: 0.47mg (31.13%), Manganese: 0.61mg (30.66%), Vitamin B6: 0.48mg (23.92%), Vitamin B2: 0.35mg (20.61%), Folate: 75.21µg (18.8%), Vitamin B3: 3.75mg (18.75%), Iron: 3.1mg (17.22%), Zinc: 2.4mg (16%), Magnesium: 57.16mg (14.29%), Vitamin C: 11.15mg (13.51%), Vitamin B12: 0.76µg (12.67%), Potassium: 423.86mg (12.11%), Copper: 0.19mg (9.54%), Fiber: 2.16g (8.65%), Vitamin E: 1.29mg (8.58%), Vitamin B5: 0.77mg (7.72%), Vitamin D: 0.52µg (3.45%)