



Cook the Book: Long Leek Pie

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



1545 kcal

Ingredients

- ☐ 4 servings butter
- ☐ 1 egg whites beaten
- ☐ 0.5 cup goat cheese grated crumbled
- ☐ 3 leek
- ☐ 4 sheets puff pastry
- ☐ 4 servings salt and pepper freshly ground
- ☐ 9 servings thyme sprigs
- ☐ 0.8 cup wine

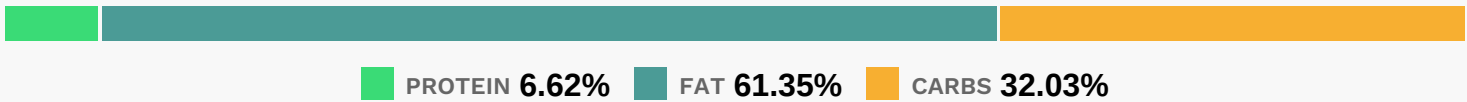
Equipment

- ☐ oven
- ☐ knife

Directions

- ☐ Stack the puff pastry sheets and roll them out lengthwise into a long and narrow strip. Using the back of a knife, score a rectangle about 1 inch around the inside of the pastry edge, like a picture frame.
- ☐ Cut the leeks into three sections and remove the dark green leaf and the bottom. Wash carefully, then simmer until cooked in the white wine, butter, thyme, salt, and pepper for approx. 20 minutes.
- ☐ Remove from the liquid and pat dry.
- ☐ Place them neatly next to each other within the rectangle you have created in the puff pastry.
- ☐ Top with goat cheese and brush the outer edges with lightly beaten egg white.
- ☐ Bake the pie in an oven preheated to 400°F for approximately 25 minutes. The edge will rise considerably.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:62.75, Inflammation Score:-10, Nutrition Score:31.734347773635%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 1544.5kcal (77.22%), Fat: 103.63g (159.43%), Saturated Fat: 30.37g (189.8%), Carbohydrates: 121.75g (40.58%), Net Carbohydrates: 116.56g (42.39%), Sugar: 5.16g (5.73%), Cholesterol: 23.8mg (7.93%), Sodium:

968.66mg (42.12%), Alcohol: 4.64g (100%), Alcohol %: 1.47% (100%), Protein: 25.16g (50.32%), Selenium: 62.35µg (89.07%), Manganese: 1.64mg (81.88%), Vitamin B1: 1.04mg (69.26%), Vitamin K: 71.86µg (68.44%), Folate: 239.14µg (59.78%), Vitamin B3: 10.7mg (53.5%), Vitamin B2: 0.87mg (51.36%), Iron: 8.74mg (48.53%), Vitamin A: 1640.13IU (32.8%), Copper: 0.58mg (29.16%), Phosphorus: 255.81mg (25.58%), Fiber: 5.19g (20.77%), Magnesium: 71.46mg (17.87%), Vitamin B6: 0.31mg (15.44%), Vitamin C: 11.61mg (14.08%), Vitamin E: 2.1mg (14.03%), Calcium: 118.61mg (11.86%), Zinc: 1.74mg (11.61%), Potassium: 336.1mg (9.6%), Vitamin B5: 0.34mg (3.36%), Vitamin B12: 0.07µg (1.15%)