



Creamed Leeks

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



350 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 3 pounds leek cleaned halved lengthwise (see note below)
- 0.5 cup wine dry white
- 0.3 cup cup heavy whipping cream
- 1 serving salt and pepper freshly ground

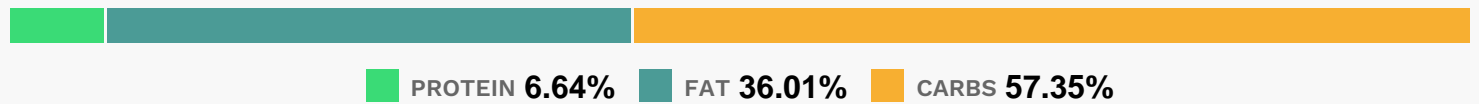
Equipment

- frying pan

Directions

- Heat butter in a large skillet over medium heat.
- Add leeks; cook, stirring occasionally, until softened, 6 to 8 minutes.
- Add wine and 1 cup water. Bring to a boil; reduce heat to medium-low. Cover skillet and simmer, stirring occasionally, until very tender, 20 to 25 minutes.
- Uncover skillet; increase heat to medium-high. Cook, stirring, until liquid has evaporated, 2 to 4 minutes.
- Add cream; simmer until it has thickened and coats leeks, 3 to 5 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:13.62, Inflammation Score:-10, Nutrition Score:28.851304209751%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 9.09mg, Kaempferol: 9.09mg, Kaempferol: 9.09mg, Kaempferol: 9.09mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 349.74kcal (17.49%), Fat: 13.86g (21.32%), Saturated Fat: 8.3g (51.85%), Carbohydrates: 49.66g (16.55%), Net Carbohydrates: 43.53g (15.83%), Sugar: 14.14g (15.71%), Cholesterol: 37.46mg (12.49%), Sodium: 168.35mg (7.32%), Alcohol: 3.09g (100%), Alcohol %: 0.99% (100%), Protein: 5.75g (11.49%), Vitamin K: 161.14µg (153.46%), Vitamin A: 6137.52IU (122.75%), Manganese: 1.67mg (83.59%), Folate: 219.03µg (54.76%), Vitamin C: 40.94mg (49.63%), Vitamin B6: 0.81mg (40.74%), Iron: 7.25mg (40.26%), Magnesium: 99.78mg (24.95%), Fiber: 6.12g (24.49%), Vitamin E: 3.47mg (23.16%), Calcium: 218.21mg (21.82%), Copper: 0.41mg (20.58%), Potassium: 654.18mg (18.69%), Vitamin B1: 0.21mg (14%), Phosphorus: 137.65mg (13.77%), Vitamin B2: 0.15mg (8.6%), Vitamin B3: 1.41mg (7.04%), Selenium: 4.1µg (5.85%), Vitamin B5: 0.55mg (5.48%), Zinc: 0.5mg (3.32%), Vitamin D: 0.32µg (2.12%)