



Creamy baked leeks with citrus crumbs

READY IN



35 min.

SERVINGS



4

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 6 leeks trimmed cut into 5cm chunks
- ☐ 0.5 a 500g tub four-cheese sauce
- ☐ 1 large handful breadcrumbs
- ☐ 2 tbsp parmesan grated
- ☐ 0.5 lemon zest
- ☐ 1 tbsp thyme leaves

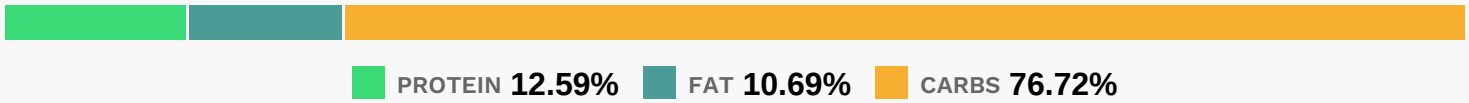
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Steam the leeks for 10 mins or until just tender, then drain and pat dry. Arrange in an ovenproof dish and spoon over the cheese sauce.
- ☐ Mix the breadcrumbs, cheese, lemon zest and thyme together. Scatter over the leeks and bake for 15–20 mins, until the leeks are cooked and the crumbs have turned golden and crisped up.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:5.4, Inflammation Score:-10, Nutrition Score:15.298261054832%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 146.93kcal (7.35%), Fat: 1.82g (2.79%), Saturated Fat: 0.64g (4%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 25.98g (9.45%), Sugar: 6.1g (6.78%), Cholesterol: 1.71mg (0.57%), Sodium: 166.8mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin K: 63.68µg (60.65%), Vitamin A: 2329.16IU (46.58%), Manganese: 0.8mg (39.84%), Folate: 100.94µg (25.24%), Vitamin C: 19.79mg (23.99%), Iron: 3.79mg (21.04%), Vitamin B6: 0.34mg (16.85%), Vitamin B1: 0.21mg (14.19%), Calcium: 141.25mg (14.13%), Fiber: 3.34g (13.34%), Magnesium: 47.2mg (11.8%), Copper: 0.21mg (10.29%), Phosphorus: 88.29mg (8.83%), Vitamin E: 1.25mg (8.31%), Potassium: 280.92mg (8.03%), Selenium: 5.3µg (7.58%), Vitamin B3: 1.47mg (7.36%), Vitamin B2: 0.11mg (6.56%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.28mg (2.82%), Vitamin B12: 0.08µg (1.29%)