



Gratin of Leeks and Ham

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

SIDE DISH

Ingredients

- 4 servings béchamel sauce
- 2.5 pounds leeks
- 1 tablespoon parmesan cheese grated
- 0.8 pound ham smoked lean very thin

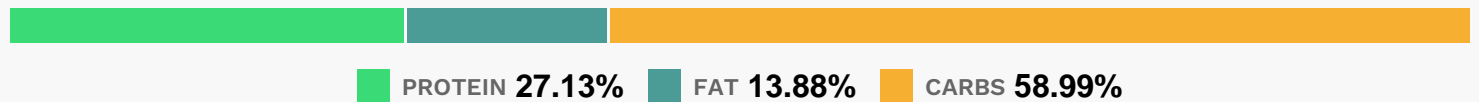
Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat the oven to 35
- Prepare Bchamel Sauce; keep warm.
- Remove roots, outer leaves, and tops from leeks, leaving 8 inches of each leek.
- Cut each leek in half lengthwise to, but not through, root end. Rinse under cold water; drain. Tie leeks securely with string.
- Place leeks in a medium saucepan. Cover with water; bring to a boil. Reduce heat; simmer, uncovered, 15 minutes or until tender. Rinse leeks under cold water; drain and squeeze dry. Discard string. Finish cutting each leek lengthwise through root end; cut each half crosswise. Wrap each quarter with a slice of ham.
- Place each ham roll into a 13 x 9-inch baking dish coated with cooking spray.
- Pour Bchamel Sauce over ham rolls; sprinkle with cheese.
- Bake at 350 for 25 minutes. Broil 3 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:11.25, Inflammation Score:-10, Nutrition Score:27.30826138705%

Flavonoids

Kaempferol: 7.57mg, Kaempferol: 7.57mg, Kaempferol: 7.57mg, Kaempferol: 7.57mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 263.61kcal (13.18%), Fat: 4.26g (6.56%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 40.78g (13.59%), Net Carbohydrates: 35.68g (12.97%), Sugar: 11.37g (12.64%), Cholesterol: 41.91mg (13.97%), Sodium: 1123.06mg (48.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.75g (37.5%), Vitamin K: 133.26µg (126.92%), Vitamin A: 4736.68IU (94.73%), Manganese: 1.36mg (68.23%), Folate: 181.51µg (45.38%), Vitamin C: 34.02mg (41.24%), Iron: 7.06mg (39.25%), Vitamin B6: 0.66mg (33.08%), Phosphorus: 305.31mg (30.53%), Copper: 0.54mg (27.24%), Magnesium: 106.18mg (26.55%), Potassium: 740.52mg (21.16%), Fiber: 5.1g (20.41%), Calcium: 186.82mg (18.68%), Vitamin E: 2.61mg (17.43%), Zinc: 1.93mg (12.89%), Vitamin B1: 0.17mg (11.36%), Vitamin B3: 1.13mg (5.67%), Vitamin B2: 0.09mg (5.26%), Selenium: 3.27µg (4.67%), Vitamin B5: 0.4mg (4.01%)