



Griddled leeks with hazelnut dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



316 kcal

SIDE DISH

Ingredients

- ☐ 20 baby leeks trimmed per person depending on size,
- ☐ 85 g hazelnuts toasted
- ☐ 4 tbsp olive oil for griddling plus a little extra
- ☐ 0.5 orange juice
- ☐ 0.5 juice of lemon
- ☐ 2 tsp sherry vinegar
- ☐ 1 small bunch parsley leaves picked chopped

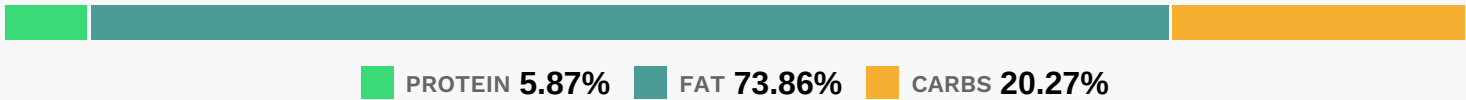
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Arrange the leeks in a wide, lidded pan, so theyre no more than 2 leeks deep at any point, then pour over enough boiling water to cover. Cover the pan and cook for 4–6 mins until just tender.
- ☐ Drain, refresh in cold water, then drain again. Now set aside until you are ready to serve.
- ☐ Whizz the nuts in a food processor until finely chopped but not powdery, or chop by hand.
- ☐ Mix with the oil, citrus juices and vinegar. Season well.
- ☐ To serve, heat a griddle or frying pan and toss the leeks in some oil. Griddle batches for 1 min on each side until slightly charred and warmed through, then put onto 4 plates. Stir the parsley into the nutty dressing, spoon over and serve.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:3.93, Inflammation Score:-9, Nutrition Score:21.806956503702%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 2.3mg, Myricetin: 2.3mg, Myricetin: 2.3mg, Myricetin: 2.3mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 315.82kcal (15.79%), Fat: 27.3g (41.99%), Saturated Fat: 2.93g (18.34%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 12.86g (4.68%), Sugar: 4.89g (5.43%), Cholesterol: 0mg (0%), Sodium: 24.57mg (1.07%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.75%), Vitamin K: 282.75µg (269.29%), Manganese: 1.72mg (86.12%), Vitamin A: 2553.5IU (51.07%), Vitamin C: 35.1mg (42.55%), Vitamin E: 6.05mg (40.37%), Folate: 99.87µg (24.97%), Copper: 0.49mg (24.34%), Iron: 3.67mg (20.39%), Magnesium: 65.31mg (16.33%), Vitamin B6: 0.32mg (16.18%), Fiber: 4g (15.99%), Vitamin B1: 0.2mg (13.64%), Potassium: 387.42mg (11.07%), Phosphorus: 99.67mg (9.97%), Calcium: 92.43mg (9.24%), Zinc: 0.78mg (5.17%), Vitamin B3: 0.92mg (4.61%), Vitamin B5: 0.38mg (3.83%), Vitamin B2: 0.06mg (3.81%), Selenium: 1.34µg (1.91%)