



Ham & leek cannelloni

READY IN



35 min.

SERVINGS



4

CALORIES



574 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 leek sliced into 1cm chunks
- ☐ 300 ml vegetable stock
- ☐ 85 g ham wafer-thin
- ☐ 8 lasagna sheets fresh
- ☐ 200 g crème fraîche
- ☐ 1 tbsp coarse mustard
- ☐ 50 g cheddar cheese grated
- ☐ 85 g breadcrumbs

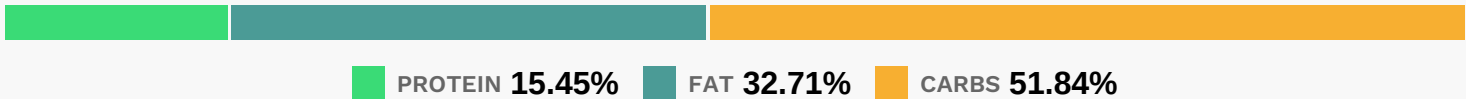
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Simmer the sliced leeks with the stock in a covered pan for 5 mins until tender.
- ☐ Drain the leeks, reserving the stock, then mix them with the ham and some seasoning. Divide the mixture into 8, spoon along the middle of each lasagne sheet, roll up, then tuck into an ovenproof dish, joined sides down.
- ☐ Mix 300ml of the reserved stock with the crme frache, mustard and most of the grated cheese. Season, then pour over the cannelloni.
- ☐ Sprinkle with the breadcrumbs and remaining cheese, then bake for 20 mins until the top is golden and crisp, and the leek filling is piping hot. Great with a green salad.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:3.17, Inflammation Score:-9, Nutrition Score:24.079565100048%

Flavonoids

Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 574.22kcal (28.71%), Fat: 20.9g (32.15%), Saturated Fat: 9.29g (58.05%), Carbohydrates: 74.52g (24.84%), Net Carbohydrates: 72.2g (26.25%), Sugar: 6.35g (7.06%), Cholesterol: 116.5mg (38.83%), Sodium: 879.46mg (38.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.21g (44.43%), Vitamin B1: 0.99mg (65.74%), Folate: 219.82µg (54.96%), Manganese: 1mg (50.06%), Vitamin B2: 0.66mg (39%), Vitamin A: 1750.29IU (35.01%), Phosphorus: 340.12mg (34.01%), Vitamin K: 33.88µg (32.27%), Iron: 5.54mg (30.79%), Vitamin B3: 5.51mg (27.56%), Selenium: 17.51µg (25.01%), Calcium: 233.6mg (23.36%), Magnesium: 80.68mg (20.17%), Vitamin B6: 0.37mg (18.59%), Copper: 0.36mg (17.97%), Zinc: 2.55mg (17.03%), Potassium: 450.68mg (12.88%), Vitamin B12: 0.71µg

(11.8%), Vitamin C: 8.48mg (10.27%), Vitamin B5: 0.99mg (9.88%), Fiber: 2.32g (9.28%), Vitamin E: 1mg (6.7%),
Vitamin D: 0.22μg (1.49%)