



Home at Last Leek and Corn Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

Ingredients

- 6 ears corn fresh cooled boiled room temperature
- 1 garlic clove with the side of a knife blade and quartered crushed
- 0.3 teaspoon ground pepper black
- 1 tablespoon honey
- 6 leeks rinsed
- 0.8 cup olive oil
- 2 tablespoons olive oil
- 6 small sprigs parsley

- 3 tablespoons red wine vinegar
- 1 teaspoon salt
- 1 teaspoon mustard stone-ground
- 1 cup sun-dried tomatoes packed in oil or if dehydrated soaked in water to rehydrate
- 2 sprigs thyme leaves

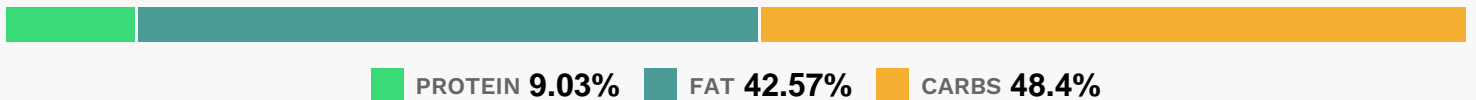
Equipment

- bowl
- frying pan
- blender

Directions

- Through the feed opening of a running blender add, 1 at a time, vinegar, thyme, mustard, garlic, honey, salt, and ground black pepper. Leaving the blender running, slowly add the olive oil in a thin stream. Set aside until needed.
- Slice the white and tender green parts of the leeks into 1/2-inch diagonals.
- Heat the olive oil over medium heat in a skillet and saute until tender. Set aside to cool to room temperature.
- Slice the corn from the cobs and place in a bowl with the sauteed leeks.
- Cut the sun-dried tomatoes into 1/2-inch pieces and add to the bowl. Toss with enough of the dressing to coat. Do not feel compelled to use all of the dressing.
- Serve garnished with parsley and additional dressing on the side.

Nutrition Facts



Properties

Glycemic Index:42.21, Glycemic Load:3.98, Inflammation Score:-7, Nutrition Score:12.182173894799%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 227.91kcal (11.4%), Fat: 11.87g (18.27%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 26.16g (9.51%), Sugar: 15.43g (17.14%), Cholesterol: 0mg (0%), Sodium: 432.5mg (18.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Vitamin K: 30.77µg (29.31%), Manganese: 0.52mg (26.11%), Potassium: 888.69mg (25.39%), Vitamin C: 15.38mg (18.65%), Magnesium: 71.15mg (17.79%), Fiber: 4.21g (16.84%), Vitamin B3: 3.28mg (16.42%), Copper: 0.32mg (16.05%), Vitamin B1: 0.24mg (16%), Phosphorus: 148.84mg (14.88%), Iron: 2.39mg (13.29%), Folate: 52.09µg (13.02%), Vitamin B5: 1.04mg (10.42%), Vitamin E: 1.53mg (10.17%), Vitamin A: 429.7IU (8.59%), Vitamin B2: 0.14mg (8.49%), Vitamin B6: 0.15mg (7.72%), Zinc: 0.82mg (5.47%), Calcium: 28.1mg (2.81%), Selenium: 1.94µg (2.77%)