



Leek Pie

READY IN



62 min.

SERVINGS



6

CALORIES



1732 kcal

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon cornstarch
- ☐ 9 inch deep-dish piecrust frozen
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 1 cup milk fat-free
- ☐ 1.3 ounces gruyère cheese shredded
- ☐ 6 cups leek thinly sliced (6 medium)
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐ 1 cup water

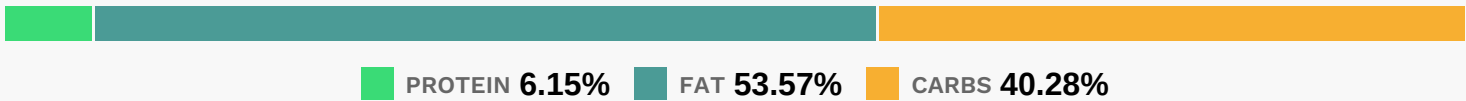
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Cook leek in butter in a large skillet over medium-high heat 3 minutes, stirring constantly.
- ☐ Add water, salt, and pepper. Cover, reduce heat, and simmer 10 minutes or until leek is tender. Uncover, increase heat to high, and continue cooking, stirring occasionally, 3 minutes or until liquid evaporates.
- ☐ Bake piecrust at 350 for 9 minutes.
- ☐ Sprinkle cheese in bottom of piecrust; spoon leek mixture over cheese.
- ☐ Whisk together eggs, egg whites, milk and cornstarch in a medium bowl; pour over leek mixture.
- ☐ Bake at 350 for 20 to 23 minutes or until set, shielding after 10 minutes, if necessary.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:24.54, Glycemic Load:4.21, Inflammation Score:-9, Nutrition Score:34.95173933195%

Flavonoids

Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 1732.28kcal (86.61%), Fat: 103.26g (158.87%), Saturated Fat: 30.53g (190.79%), Carbohydrates: 174.75g (58.25%), Net Carbohydrates: 168.37g (61.22%), Sugar: 5.7g (6.33%), Cholesterol: 75.17mg (25.06%), Sodium: 1529.02mg (66.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.66g (53.31%), Manganese: 2.06mg (103.09%), Vitamin K: 93.2µg (88.76%), Folate: 327.79µg (81.95%), Vitamin B1: 0.86mg (57.13%), Iron: 9.86mg (54.77%), Vitamin B3: 8.91mg (44.56%), Vitamin B2: 0.71mg (41.64%), Phosphorus: 378.99mg (37.9%), Selenium: 25.26µg (36.08%), Vitamin A: 1775.42IU (35.51%), Vitamin E: 5.27mg (35.13%), Fiber: 6.38g (25.52%), Calcium: 250.2mg (25.02%), Magnesium: 86.78mg (21.69%), Vitamin B6: 0.42mg (21.23%), Copper: 0.4mg (20.01%), Vitamin B5: 1.81mg (18.06%), Potassium: 584.66mg (16.7%), Zinc: 2.32mg (15.48%), Vitamin C: 10.68mg (12.95%), Vitamin B12: 0.5µg (8.33%), Vitamin D: 0.82µg (5.47%)