

food
network



HEALTH SCORE

100%

Leek Rings



Vegetarian



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



806 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons kosher salt for seasoning
- ☐ 12 ounces leeks dark green cleaned trimmed
- ☐ 1.5 cups milk
- ☐ 3 quarts oil (peanut, vegetable, or canola)

Equipment

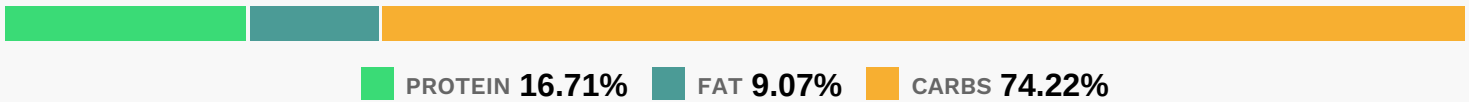
- ☐ frying pan

- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ pot

Directions

- ☐ Preheat the oil in a heavy 5-quart pot over medium-high heat to 375 degrees F.
- ☐ Slice the leeks into 1/2-inch wide rings, separating them 2 layers at a time.
- ☐ In a medium mixing bowl, whisk together the milk and the egg. In another medium mixing bowl, combine the flour and salt. Divide the flour into 2 separate, shallow dishes and place the milk and egg mixture in a third. Going 1 small handful at a time, dip the rings first into the first flour mixture, then into the milk and egg, and then into the second flour mixture. Working in batches, fry the rings for 1 to 1 1/2 minutes, or until golden brown.
- ☐ Remove the rings to a cooling rack set inside a half sheet pan and allow to drain for 2 to 3 minutes before serving. Season with additional salt, if desired.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:69.72, Inflammation Score:-10, Nutrition Score:54.140869368678%

Flavonoids

Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 806.4kcal (40.32%), Fat: 8.68g (13.35%), Saturated Fat: 2.92g (18.25%), Carbohydrates: 159.67g (53.22%), Net Carbohydrates: 128.06g (46.57%), Sugar: 7.93g (8.81%), Cholesterol: 57.48mg (19.16%), Sodium: 1567.11mg (68.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.94g (71.89%), Vitamin A: 37675.34IU (753.51%), Manganese: 2.58mg (128.87%), Fiber: 31.61g (126.44%), Vitamin C: 84.02mg (101.84%), Vitamin B1: 1.46mg (97.59%), Folate: 380.51µg (95.13%), Vitamin B2: 1.12mg (65.94%), Vitamin B3: 13.02mg (65.11%), Iron: 11.66mg (64.76%), Phosphorus: 633.19mg (63.32%), Magnesium: 220.42mg (55.1%), Potassium: 1879.4mg (53.7%), Vitamin B6: 0.98mg (49.21%), Selenium: 30.46µg (43.51%), Copper: 0.86mg (43.15%), Vitamin K: 40.47µg (38.55%), Calcium:

357.26mg (35.73%), Zinc: 4.27mg (28.49%), Vitamin B5: 2.08mg (20.83%), Vitamin B12: 0.61µg (10.09%), Vitamin D: 1.26µg (8.38%), Vitamin E: 1mg (6.65%)