



## Leek Salad

 **Gluten Free**  **Dairy Free**

READY IN



**22 min.**

SERVINGS



**4**

CALORIES



**187 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 teaspoons balsamic vinegar
- 1 slice bacon crisp cooked chopped
- 0.5 teaspoon dijon mustard
- 1 teaspoon thyme leaves dried
- 4 servings kosher salt and pepper black freshly ground
- 4 medium leeks
- 0.3 cup olive oil

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Remove the dark green portion of the leeks and discard.
- Cut the leeks in half lengthwise and wash in water, being careful to check all the layers for hidden dirt. Fill a wide pan with water about 1/2-inch high up the sides.
- Add the leeks, simmer gently for 12 minutes, and then drain.
- Meanwhile, make the vinaigrette. In a small bowl, whisk together the mustard and balsamic vinegar, and then drizzle in the oil to make an emulsion, whisking constantly.
- Add in the salt, pepper, and thyme.
- Lay the leeks lengthwise on small serving platter.
- Sprinkle with the chopped bacon, drizzle with the dressing, and serve.

## Nutrition Facts

**PROTEIN 4.34%** **FAT 67.9%** **CARBS 27.76%**

## Properties

Glycemic Index:36.5, Glycemic Load:3.76, Inflammation Score:-8, Nutrition Score:9.7847827486694%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 186.51kcal (9.33%), Fat: 14.51g (22.33%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 11.61g (4.22%), Sugar: 3.86g (4.29%), Cholesterol: 1.98mg (0.66%), Sodium: 59.28mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Vitamin K: 54.42µg (51.83%), Vitamin A: 1494.86IU (29.9%), Manganese: 0.47mg (23.34%), Vitamin E: 2.79mg (18.62%), Folate: 57.71µg (14.43%), Vitamin C: 10.81mg (13.1%), Iron: 2.31mg (12.83%), Vitamin B6: 0.22mg (11.01%), Fiber: 1.75g (6.99%), Magnesium: 26.86mg (6.72%), Calcium: 59.1mg (5.91%), Copper: 0.11mg (5.67%), Potassium: 177.42mg (5.07%), Vitamin B1: 0.07mg (4.48%),

Phosphorus: 40.72mg (4.07%), Selenium: 2.13µg (3.05%), Vitamin B3: 0.58mg (2.91%), Vitamin B2: 0.03mg (1.94%),  
Vitamin B5: 0.15mg (1.5%), Zinc: 0.19mg (1.27%)