



Leeks à la Grecque (Greek-Style Leeks)



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 ounce feta cheese crumbled
- ☐ 1 teaspoon marjoram fresh finely chopped
- ☐ 2 tablespoons kalamata olives pitted chopped
- ☐ 2 pounds leeks
- ☐ 3 marjoram sprigs fresh
- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon oregano fresh finely chopped

- ☐ 3 oregano sprigs fresh
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 cup tomatoes seeded chopped
- ☐ 1 cup water

Equipment

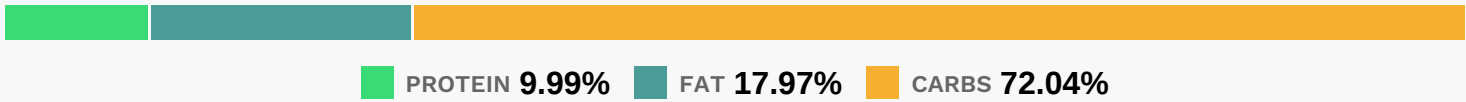
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 400
- ☐ Remove roots, outer leaves, and tops from leeks, leaving 1 1/2 to 2 inches of dark leaves. Slice leeks in half lengthwise to within 1 inch of bulb end, and rinse with cold water. Arrange the leeks in a single layer in the bottom on a 9-inch pie plate.
- ☐ Combine water and next 6 ingredients (through cinnamon) in a small saucepan; bring to a boil. Reduce heat, and simmer 10 minutes.
- ☐ Pour vinegar mixture over leeks. Cover with foil, and bake at 400 for 30 minutes or until leeks are tender. Using a slotted spoon, remove leeks; reserve cooking liquid. Cool leeks to room temperature. Cover and chill 2 hours.
- ☐ Place the cooking liquid in a small saucepan; bring to a boil.
- ☐ Remove from heat; strain mixture through a sieve over a bowl, reserving 1/4 cup cooking liquid. Discard solids.
- ☐ Place 2 leek halves on each of 4 small plates; top each serving with 1/4 cup tomato and 1 1/2 teaspoons of olives.
- ☐ Drizzle 1 tablespoon reserved liquid over each serving, and divide cheese evenly among plates.

Sprinkle evenly with chopped marjoram and chopped oregano.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:9.49, Inflammation Score:-10, Nutrition Score:24.302608860576%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 1.67mg, Apigenin: 1.67mg, Apigenin: 1.67mg, Apigenin: 1.67mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 6.1mg, Kaempferol: 6.1mg, Kaempferol: 6.1mg, Kaempferol: 6.1mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 186.36kcal (9.32%), Fat: 3.96g (6.09%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 35.73g (11.91%), Net Carbohydrates: 30.05g (10.93%), Sugar: 9.92g (11.03%), Cholesterol: 6.31mg (2.1%), Sodium: 485.81mg (21.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Vitamin K: 131.08µg (124.84%), Vitamin A: 4225.74IU (84.51%), Manganese: 1.36mg (67.89%), Vitamin C: 33.47mg (40.57%), Folate: 157.32µg (39.33%), Iron: 5.57mg (30.94%), Vitamin B6: 0.6mg (30.23%), Fiber: 5.68g (22.73%), Calcium: 206.99mg (20.7%), Vitamin E: 2.85mg (19.01%), Magnesium: 74.72mg (18.68%), Copper: 0.32mg (16.2%), Potassium: 530.86mg (15.17%), Phosphorus: 116.12mg (11.61%), Vitamin B1: 0.16mg (10.98%), Vitamin B2: 0.14mg (8.41%), Vitamin B3: 1.29mg (6.44%), Selenium: 3.45µg (4.93%), Vitamin B5: 0.44mg (4.38%), Zinc: 0.61mg (4.06%), Vitamin B12: 0.12µg (2%)