



Leeks and Corn Au Gratin

READY IN



65 min.

SERVINGS



6

CALORIES



342 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 5 tablespoon freshly chives chopped
- ☐ 3 large ears corn
- ☐ 1 cup heavy cream
- ☐ 3 large leeks
- ☐ 1 cup panko bread crumbs
- ☐ 1 cup parmesan grated
- ☐ 4 tablespoon freshly parsley leaves chopped
- ☐ 6 servings salt and pepper black freshly ground

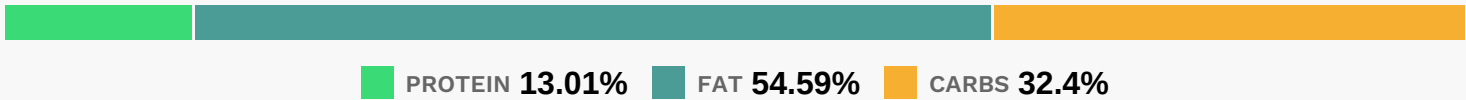
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish
- ☐ cutting board

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Bring a small saucepan of salted water to a boil over medium heat and add the fresh corn kernels. Cook for about 3 to 4 minutes. Strain and adds to a small bowl. Set aside.
- ☐ Wash the leeks well, making sure to remove all the grit and sand which is hidden between the leaves. On a cutting board, cut the leeks in half lengthwise, then slice into half moons.
- ☐ Preheat a large skillet over medium heat, add the oil and the leeks and saute until soft.
- ☐ Add the blanched corn and continue to cook for about 5 minutes allowing any water to evaporate.
- ☐ Add the heavy cream and Parmesan and mix well. Season with salt and pepper, to taste.
- ☐ Transfer the mixture to an oven proof casserole dish. Allow to cool down for 10 minutes.
- ☐ Mix the panko bread crumbs, chives and parsley together in a small bowl.
- ☐ Sprinkle the crumb mixture over the leeks and corn and bake in the preheated oven for 15 minutes.
- ☐ Remove from the oven and serve hot.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.97, Inflammation Score:-9, Nutrition Score:16.218260868736%

Flavonoids

Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 342.08kcal (17.1%), Fat: 21.63g (33.28%), Saturated Fat: 12.34g (77.1%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 26.04g (9.47%), Sugar: 8.19g (9.1%), Cholesterol: 56.16mg (18.72%), Sodium: 372.12mg (16.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.6g (23.19%), Vitamin K: 73.51µg (70.01%), Vitamin A: 1922.8IU (38.46%), Calcium: 275.92mg (27.59%), Phosphorus: 237.54mg (23.75%), Manganese: 0.45mg (22.63%), Folate: 78.66µg (19.66%), Vitamin C: 15.44mg (18.71%), Vitamin B1: 0.25mg (16.87%), Magnesium: 55.88mg (13.97%), Vitamin B2: 0.23mg (13.44%), Iron: 2.18mg (12.11%), Selenium: 8.36µg (11.95%), Fiber: 2.86g (11.43%), Vitamin B3: 2.23mg (11.15%), Vitamin B6: 0.22mg (10.87%), Potassium: 369.27mg (10.55%), Vitamin B5: 0.83mg (8.27%), Vitamin E: 1.13mg (7.52%), Zinc: 1.12mg (7.5%), Copper: 0.14mg (6.82%), Vitamin B12: 0.3µg (4.97%), Vitamin D: 0.72µg (4.79%)