



Leeks au Gratin

READY IN



50 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 8 medium leek with tops (3 lb)
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 1.3 cups milk
- ☐ 4 oz gruyere cheese shredded
- ☐ 0.3 cup breadcrumbs dry (any flavor)
- ☐ 2 teaspoons butter melted

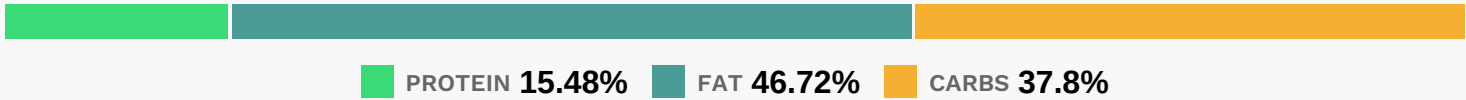
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 325°F. Grease bottom and side of shallow 2-quart casserole.
- ☐ Cut leeks into 1/2-inch pieces. In 3-quart saucepan, heat 2 inches water to boiling.
- ☐ Add leeks. Cover and cook over medium heat about 5 minutes or until crisp-tender; drain.
- ☐ In 2-quart saucepan, melt 2 tablespoons butter over low heat. Cook flour, salt and pepper over low heat, stirring constantly, until smooth and bubbly; remove from heat. Gradually stir in milk.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in cheese until melted. Stir in leeks.
- ☐ Pour into casserole.
- ☐ In small bowl, mix bread crumbs and 2 teaspoons butter until crumbly.
- ☐ Sprinkle evenly over casserole.
- ☐ Bake uncovered about 25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:5.29, Inflammation Score:-8, Nutrition Score:12.334347880405%

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: 191.62kcal (9.58%), Fat: 10.17g (15.64%), Saturated Fat: 4.31g (26.93%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 16.7g (6.07%), Sugar: 5.69g (6.33%), Cholesterol: 20.47mg (6.82%), Sodium: 349.34mg (15.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.17%), Vitamin K: 42.61µg (40.59%), Vitamin A: 1853.97IU (37.08%), Calcium: 253.81mg (25.38%), Manganese: 0.48mg (24.01%), Phosphorus: 166.72mg (16.67%), Folate: 65.47µg (16.37%), Vitamin C: 10.69mg (12.96%), Vitamin B6: 0.25mg (12.45%), Iron: 2.15mg (11.93%), Magnesium: 36.97mg (9.24%), Vitamin B1: 0.13mg (8.84%), Vitamin B2: 0.15mg (8.65%), Vitamin B12: 0.46µg (7.72%), Selenium: 5.21µg (7.44%), Fiber: 1.81g (7.25%), Potassium: 243.74mg (6.96%), Vitamin E: 1.03mg (6.87%), Copper: 0.12mg (6.18%), Zinc: 0.89mg (5.93%), Vitamin B5: 0.39mg (3.87%), Vitamin B3: 0.75mg (3.75%), Vitamin D: 0.53µg (3.55%)