



Leeks Vinaigrette



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



457 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 3.5 pounds leek
- ☐ 5 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 oz pancetta chilled thinly sliced
- ☐ 1 tablespoon red-wine vinegar
- ☐ 2 teaspoons salt

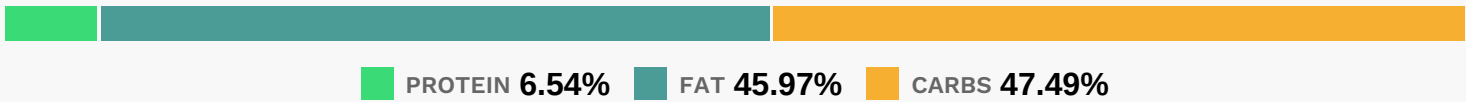
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Cut off dark green tops of leeks and trim root ends. Halve each leek lengthwise to within 2 inches of root end. Rinse well under cold running water to wash away sand. Cover leeks with cold water in a 12-inch heavy skillet.
- ☐ Add salt and simmer leeks, uncovered, until tender, 15 to 20 minutes.
- ☐ Transfer leeks to a bowl of ice and cold water to stop cooking, then drain and pat dry with paper towels.
- ☐ While leeks simmer, finely chop pancetta, then cook in 1 tablespoon oil over moderately low heat, stirring occasionally, until beginning to brown, about 5 minutes.
- ☐ Whisk together vinegar, mustard, remaining 1/4 cup oil, and salt and pepper to taste in a bowl until emulsified.
- ☐ Add leeks and gently toss to coat.
- ☐ Serve topped with pancetta and parsley.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:15.75, Inflammation Score:-10, Nutrition Score:32.909999805948%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 10.6mg, Kaempferol: 10.6mg, Kaempferol: 10.6mg, Kaempferol: 10.6mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 457.4kcal (22.87%), Fat: 24.36g (37.48%), Saturated Fat: 4.46g (27.89%), Carbohydrates: 56.62g (18.87%), Net Carbohydrates: 49.42g (17.97%), Sugar: 15.5g (17.22%), Cholesterol: 9.36mg (3.12%), Sodium: 1350.37mg (58.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.6%), Vitamin K: 197.5µg (188.1%), Vitamin A: 6624.45IU (132.49%), Manganese: 1.92mg (96.03%), Folate: 254.14µg (63.53%), Vitamin C: 47.68mg (57.8%), Vitamin B6: 0.96mg (48.17%), Iron: 8.54mg (47.44%), Vitamin E: 6.24mg (41.58%), Fiber: 7.2g (28.79%), Magnesium: 113.62mg (28.41%), Copper: 0.48mg (24.22%), Calcium: 236.82mg (23.68%), Potassium: 746.36mg (21.32%), Vitamin B1: 0.28mg (18.64%), Phosphorus: 160.99mg (16.1%), Vitamin B3: 2.16mg (10.83%), Selenium: 7.25µg (10.35%), Vitamin B2: 0.13mg (7.73%), Vitamin B5: 0.64mg (6.38%), Zinc: 0.66mg (4.37%), Vitamin B12: 0.07µg (1.18%)