



Leeks Vinaigrette



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon dijon mustard coarse-grained
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons flat-leaf parsley divided chopped
- ☐ 2 hardboiled eggs separated chopped
- ☐ 0.5 teaspoon kosher salt and pepper black freshly ground
- ☐ 2.5 pounds leeks
- ☐ 1 cup low-salt chicken stock
- ☐ 3 tablespoons olive oil extra-virgin divided

- ☐ 5 sprigs thyme leaves
- ☐ 1 tablespoon butter unsalted
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

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

Directions

- ☐ Heat oven to 425°F. Trim dark-green tops from leeks, leaving root end intact.
- ☐ Remove tough outer layer. Starting 1" above root end, halve leeks lengthwise. Wash leeks, making sure to clean all sand from between layers. Dry slightly on paper towels.
- ☐ Heat 1 tablespoon oil and butter in a large, deep ovenproof skillet over medium heat.
- ☐ Add leeks, season with salt and pepper, and cook, turning occasionally, until light golden in spots, about 5 minutes.
- ☐ Add wine and cook until almost all liquid is absorbed, 3–4 minutes.
- ☐ Add 1 cup water, chicken stock, thyme, and 1/2 teaspoon salt. Bring to a boil.
- ☐ Transfer skillet to oven.
- ☐ Bake until leeks are tender, about 20 minutes.
- ☐ Meanwhile, whisk 1 tablespoon parsley, Dijon mustard, vinegar, and remaining 2 tablespoons oil in a small bowl. Season vinaigrette to taste with salt and pepper.
- ☐ Transfer leeks to a platter, drizzle with vinaigrette, top with eggs, and garnish with remaining 1 tablespoon parsley.
- ☐ Per serving: 137 calories, 11 grams fat, 7 grams carbohydrate
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:7.62, Inflammation Score:-10, Nutrition Score:21.202608668286%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 5.07mg, Kaempferol: 5.07mg, Kaempferol: 5.07mg, Kaempferol: 5.07mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 246.07kcal (12.3%), Fat: 11.82g (18.19%), Saturated Fat: 2.93g (18.3%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 25.52g (9.28%), Sugar: 8.33g (9.26%), Cholesterol: 68.38mg (22.79%), Sodium: 145.12mg (6.31%), Alcohol: 1.03g (100%), Alcohol %: 0.48% (100%), Protein: 6.18g (12.35%), Vitamin K: 115.55µg (110.05%), Vitamin A: 3451.35IU (69.03%), Manganese: 0.97mg (48.72%), Folate: 133.07µg (33.27%), Vitamin C: 25.89mg (31.38%), Iron: 4.61mg (25.63%), Vitamin B6: 0.5mg (24.82%), Vitamin E: 3.01mg (20.03%), Magnesium: 60.82mg (15.2%), Fiber: 3.71g (14.85%), Copper: 0.26mg (13.11%), Calcium: 130.25mg (13.02%), Selenium: 8.8µg (12.57%), Potassium: 430.33mg (12.3%), Phosphorus: 112.8mg (11.28%), Vitamin B2: 0.19mg (10.92%), Vitamin B1: 0.15mg (9.7%), Vitamin B3: 1.46mg (7.3%), Vitamin B5: 0.52mg (5.23%), Zinc: 0.52mg (3.47%), Vitamin B12: 0.19µg (3.15%), Vitamin D: 0.4µg (2.68%)