



Leeks Vinaigrette with Burrata Cheese and Mustard

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce bread diced white trimmed
- 0.3 cup canola oil
- 0.3 cup wine dry white
- 8 medium leek ends trimmed
- 1 large optional: lemon very thin cut into rounds
- 0.3 cup juice of lemon fresh
- 5.5 cups chicken broth

- 16 ounces mozzarella cheese fresh sliced
- 2 tablespoons mustard seeds
- 2 tablespoons olive oil extra virgin extra-virgin
- 8 servings parsley fresh italian chopped
- 4 large thyme sprigs fresh
- 0.3 cup coarse mustard whole

Equipment

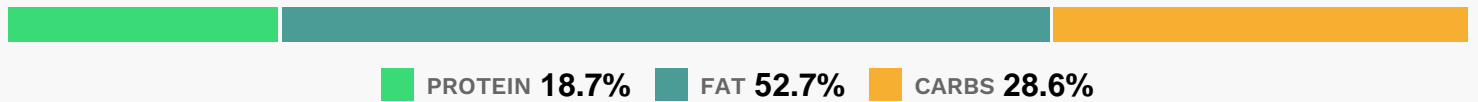
- bowl
- frying pan
- baking sheet
- oven
- whisk
- plastic wrap
- aluminum foil

Directions

- Preheat oven to 250°F. Toast mustard seeds in skillet over medium heat until beginning to darken and pop, about 5 minutes; transfer to bowl and cool. Grind seeds to powder in spice mill.
- Whisk whole grain mustard, wine, oil, and ground mustard seeds in medium bowl. Season mustard coating with salt and pepper. Toss bread pieces and coating in large bowl to coat evenly.
- Spread bread out on rimmed baking sheet.
- Bake bread pieces until dried and slightly colored, stirring occasionally, about 1 hour 15 minutes. Cool completely. Using potato masher, coarsely crush bread on sheet. DO AHEAD: Can be made 3 days ahead. Cover and chill. Rewarm in 350°F oven 4 to 5 minutes before using.
- Place first 3 ingredients in medium bowl. Gradually whisk in oil. Season vinaigrette to taste with salt and pepper. DO AHEAD: Can be made 3 days ahead. Cover; chill. Bring to room temperature and rewhisk before using.
- Position rack in center of oven and preheat to 450°F.

- Cut leeks in halflengthwise. Rinse under cold water to remove any grit between layers; drain on paper towels. Arrange leeks, cut side down, in single layer in 13x9x2-inch glass baking dish.
- Pour broth over; drizzle with oil. Top with thyme sprigs and lemon slices. Cover dish tightly with plastic wrap, then foil.
- Bake leeks 35 minutes. Uncover; discard lemon.
- Bake leeks uncovered until very tender and browned, and liquid is almost evaporated, about 50 minutes. Cool 15 minutes.
- Serve or let stand up to 2 hours
- Arrange 2 leeks on each plate; sprinkle with vinaigrette, breadcrumbs, and parsley. Arrange cheese alongside.

Nutrition Facts



Properties

Glycemic Index: 33.4, Glycemic Load: 11.45, Inflammation Score: -9, Nutrition Score: 25.842174063558%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 3.38mg, Eriodictyol: 3.38mg, Eriodictyol: 3.38mg, Eriodictyol: 3.38mg Hesperetin: 5.27mg, Hesperetin: 5.27mg, Hesperetin: 5.27mg, Hesperetin: 5.27mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 455.39kcal (22.77%), Fat: 27.15g (41.77%), Saturated Fat: 9.08g (56.73%), Carbohydrates: 33.15g (11.05%), Net Carbohydrates: 29.02g (10.55%), Sugar: 6.92g (7.69%), Cholesterol: 44.79mg (14.93%), Sodium: 673.66mg (29.29%), Alcohol: 0.77g (100%), Alcohol %: 0.25% (100%), Protein: 21.68g (43.36%), Vitamin K: 117.56µg (111.96%), Manganese: 0.92mg (46.13%), Vitamin A: 2240IU (44.8%), Calcium: 406.99mg (40.7%), Selenium: 28.02µg (40.03%), Phosphorus: 358.26mg (35.83%), Vitamin C: 28.18mg (34.16%), Folate: 100.11µg (25.03%), Vitamin B12: 1.46µg (24.25%), Iron: 4.36mg (24.23%), Vitamin B3: 4.5mg (22.52%), Vitamin E: 2.95mg (19.67%), Vitamin B2: 0.33mg (19.58%), Magnesium: 69.9mg (17.48%), Zinc: 2.53mg (16.85%), Fiber: 4.13g (16.51%), Vitamin B1: 0.24mg (16.04%), Vitamin B6: 0.32mg (15.93%), Copper: 0.28mg (13.94%), Potassium: 478.32mg (13.67%), Vitamin B5: 0.55mg (5.51%), Vitamin D: 0.23µg (1.51%)