



Leeks with bacon & mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 50 g butter
- ☐ 4 bacon smoked chopped
- ☐ 9 servings thyme sprigs
- ☐ 200 g pack chestnut mushroom halved quartered
- ☐ 2 leek sliced

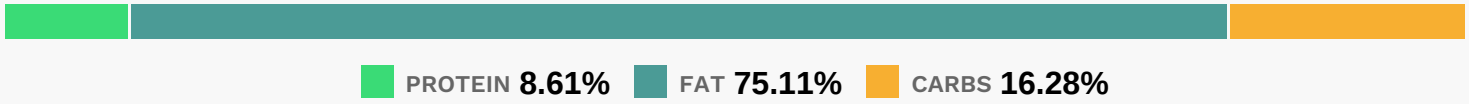
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter in a large frying pan, then add the bacon and fry for a few mins until golden.
- ☐ Add the thyme, mushrooms and leeks with seasoning (remember bacon can be salty), cover pan and cook on a low heat for 20–25 mins until leeks are tender.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:1.88, Inflammation Score:-10, Nutrition Score:10.798260893511%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 221.78kcal (11.09%), Fat: 19.09g (29.37%), Saturated Fat: 9.39g (58.66%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 7.89g (2.87%), Sugar: 2.6g (2.89%), Cholesterol: 41.4mg (13.8%), Sodium: 238.12mg (10.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Selenium: 17.99µg (25.7%), Vitamin A: 1169.23IU (23.38%), Vitamin K: 21.79µg (20.75%), Vitamin B2: 0.29mg (17.12%), Manganese: 0.33mg (16.31%), Copper: 0.33mg (16.26%), Vitamin B3: 3.01mg (15.05%), Vitamin B6: 0.23mg (11.27%), Phosphorus: 112.64mg (11.26%), Vitamin C: 8.94mg (10.84%), Folate: 42.37µg (10.59%), Potassium: 364.36mg (10.41%), Vitamin B5: 0.96mg (9.57%), Vitamin B1: 0.14mg (9.11%), Iron: 1.62mg (9%), Zinc: 0.92mg (6.1%), Magnesium: 23.45mg (5.86%), Fiber: 1.42g (5.66%), Vitamin E: 0.8mg (5.33%), Calcium: 48.47mg (4.85%), Vitamin B12: 0.18µg (3.02%)