



Sautéed Leeks and Broccolini with Balsamic Vinegar



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 1 pound broccolini trimmed cut in half crosswise
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 4 garlic cloves thinly sliced
- ☐ 1 pound leeks halved lengthwise
- ☐ 0.3 teaspoon oregano dried

- ☐ 0.8 teaspoon salt
- ☐ 4 slices center-cut bacon

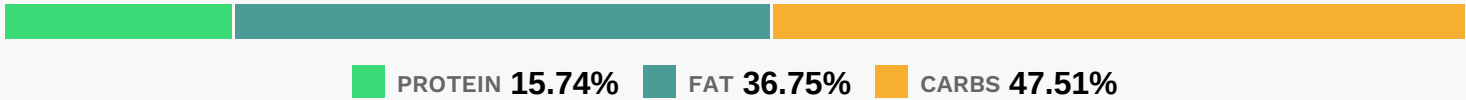
Equipment

- ☐ frying pan

Directions

- ☐ Cook the bacon in a large nonstick skillet over medium-high heat until crisp.
- ☐ Remove bacon from pan, reserving 2 teaspoons drippings in pan. Crumble bacon; set aside.
- ☐ Add broccolini and leeks to the drippings in pan; saut 4 minutes.
- ☐ Add oregano, pepper, and garlic, and saut 3 minutes. Stir in remaining ingredients, and cook 30 seconds or until liquid almost evaporates.
- ☐ Sprinkle with the crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:2.65, Inflammation Score:-9, Nutrition Score:10.234347717917%

Flavonoids

Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 109.31kcal (5.47%), Fat: 4.57g (7.03%), Saturated Fat: 1.49g (9.31%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 11.52g (4.19%), Sugar: 4.02g (4.47%), Cholesterol: 7.26mg (2.42%), Sodium: 349.85mg (15.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.81%), Vitamin C: 59.3mg (71.88%), Vitamin A: 1969.55IU (39.39%), Vitamin K: 27.13µg (25.84%), Manganese: 0.31mg (15.42%), Iron: 1.81mg (10.06%), Vitamin B6: 0.18mg (9.15%), Folate: 36.57µg (9.14%), Calcium: 79.17mg (7.92%), Fiber: 1.77g (7.08%), Magnesium: 18.27mg (4.57%), Vitamin B1: 0.07mg (4.54%), Selenium: 3.16µg (4.52%), Vitamin E: 0.61mg (4.04%), Copper: 0.08mg (4.02%), Phosphorus: 39.61mg (3.96%), Potassium: 137.39mg (3.93%), Vitamin B3: 0.73mg (3.65%), Vitamin B2: 0.03mg (1.76%), Vitamin B5: 0.16mg (1.59%), Zinc: 0.22mg (1.49%), Vitamin B12: 0.07µg (1.15%)