



## Sautéed Leeks with Chestnuts

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 large anchovy fillet minced
- 1 large carrots shredded
- 1 cup honey whole cooked coarsely chopped (from a 14.8-ounce vacuum-packed jar)
- 0.5 cup cooking wine dry white
- 3 medium garlic cloves minced
- 2 tablespoons heavy cream
- 6 large leeks white green julienned cut into 1 1/2-inch lengths and
- 0.8 cup chicken broth low-sodium

- 2 tablespoons olive oil extra-virgin
- 12 servings salt and pepper freshly ground
- 1 tablespoon butter unsalted

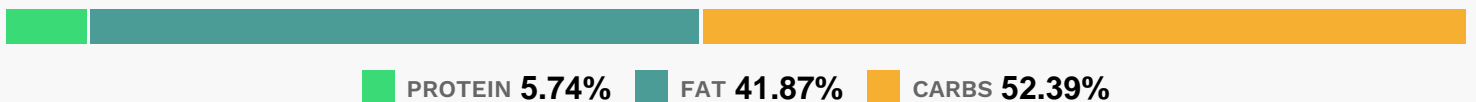
## Equipment

- bowl
- frying pan

## Directions

- Melt the butter in a large, deep skillet.
- Add the chestnuts, season with salt and pepper and cook over moderately high heat, undisturbed, until browned on the bottom, 4 minutes.
- Transfer to a bowl.
- Heat the olive oil in the skillet.
- Add the garlic and anchovy and cook over moderately low heat, stirring, until fragrant, about 4 minutes.
- Add the wine and cook over moderate heat for 1 minute. Stir in the leeks and carrot, add the stock and bring to a simmer. Cover and cook, stirring occasionally, until tender, about 15 minutes.
- Stir the heavy cream into the leeks and season with salt and pepper. Fold in the chestnuts, transfer to a large bowl and serve.
- Make Ahead: The recipe can be prepared ahead through Step Refrigerate the chestnuts and leeks separately.

## Nutrition Facts



## Properties

Glycemic Index:14.82, Glycemic Load:4.91, Inflammation Score:-8, Nutrition Score:6.7439130544662%

## 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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 102.57kcal (5.13%), Fat: 4.59g (7.06%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 11.93g (4.34%), Sugar: 2.22g (2.46%), Cholesterol: 5.53mg (1.84%), Sodium: 213.32mg (9.27%), Alcohol: 1.03g (100%), Alcohol %: 1.38% (100%), Protein: 1.42g (2.83%), Vitamin A: 1813.41IU (36.27%), Vitamin K: 23.33µg (22.22%), Manganese: 0.29mg (14.39%), Vitamin C: 10.73mg (13.01%), Folate: 36.82µg (9.2%), Vitamin B6: 0.17mg (8.55%), Iron: 1.16mg (6.46%), Copper: 0.12mg (5.87%), Vitamin E: 0.84mg (5.58%), Potassium: 183.76mg (5.25%), Magnesium: 18.43mg (4.61%), Fiber: 0.98g (3.94%), Calcium: 35.91mg (3.59%), Vitamin B1: 0.05mg (3.37%), Phosphorus: 31.89mg (3.19%), Vitamin B3: 0.64mg (3.18%), Vitamin B2: 0.03mg (1.85%), Vitamin B5: 0.15mg (1.54%), Zinc: 0.17mg (1.17%), Selenium: 0.78µg (1.11%)