



Tender braised leeks



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 leeks
- ☐ 1 tsp olive oil
- ☐ 2 tsp coriander seeds
- ☐ 3 thyme sprigs
- ☐ 2 bay leaves
- ☐ 125 ml white wine
- ☐ 1 garlic clove with the skin on, bashed
- ☐ 1 pinch caster sugar

☐ 85 g olive green roughly chopped

Equipment

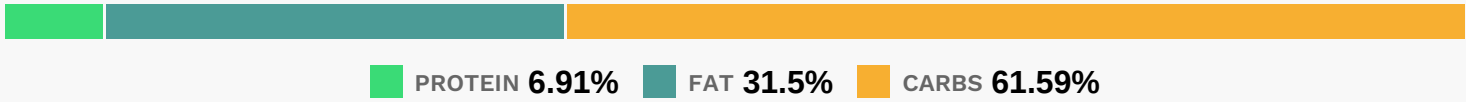
☐ frying pan

☐ knife

Directions

- ☐ Trim the darkest green part off the leeks and strip away the first two layers.
- ☐ Cut in half lengthways, but keep attached at the root. Wash the leeks under cold running water and set aside. Tip all the other ingredients, except the olives and parsley, into a wide shallow pan with 200ml water, some cracked pepper and a sprinkling of salt.
- ☐ Slip the leeks into the pan, cover and place over a low heat. Gently simmer for 20 mins, turning them occasionally until very tender a knife blade should slip in easily. Leave to cool until just warm, then stir through the parsley and olives, if you like.
- ☐ Serve the leeks as they are with crusty bread or with roast chicken or fish.

Nutrition Facts



Properties

Glycemic Index:48.02, Glycemic Load:5.7, Inflammation Score:-9, Nutrition Score:13.813478215881%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 153.86kcal (7.69%), Fat: 4.96g (7.63%), Saturated Fat: 0.65g (4.09%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 18.19g (6.62%), Sugar: 5.88g (6.54%), Cholesterol: 0mg (0%), Sodium: 360.33mg (15.67%), Alcohol: 3.27g (100%), Alcohol %: 2.17% (100%), Protein: 2.45g (4.9%), Vitamin K: 63.86µg (60.82%), Vitamin A: 2347.75IU

(46.96%), Manganese: 0.73mg (36.29%), Folate: 86.84µg (21.71%), Vitamin C: 17.67mg (21.41%), Iron: 3.31mg (18.4%), Vitamin B6: 0.35mg (17.31%), Vitamin E: 2.2mg (14.67%), Fiber: 3.62g (14.46%), Magnesium: 47.31mg (11.83%), Calcium: 103.87mg (10.39%), Copper: 0.2mg (10.12%), Potassium: 290.99mg (8.31%), Vitamin B1: 0.09mg (6.01%), Phosphorus: 58.96mg (5.9%), Vitamin B3: 0.66mg (3.29%), Vitamin B2: 0.05mg (3.15%), Selenium: 1.9µg (2.72%), Vitamin B5: 0.21mg (2.14%), Zinc: 0.27mg (1.82%)