

- 54 Calories, 1 gm protein, 2 gm fiber, no fat, no cholesterol
- 1 cup raw or 1/2 cup cooked leeks provides:**
- Potential benefits of consuming leeks:**
 - Excellent source of antioxidants like vitamins C, K and beta-carotene with anti-inflammatory, anti-aging and cardiovascular benefits
 - Gallic acid is leeks also helps to reduce inflammation
 - Quercetin is associated with lowering blood pressure and reducing risk of dementia, Alzheimer's and Parkinson's disease
 - Kaempferol is a compound that helps produce nitric oxide, a vasodilator to widen arteries and improve blood circulation
 - Folate and B6 work together to keep homocysteine low, preventing artery damage and reducing formation of blood clots
 - Chop and let rest 5 minutes before cooking to retain nutrients

Health Benefits of Leeks



Leeks look similar to green onions but larger, up to a foot long with a 1-2 inch diameter. They have a mild, sweet onion flavor.

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