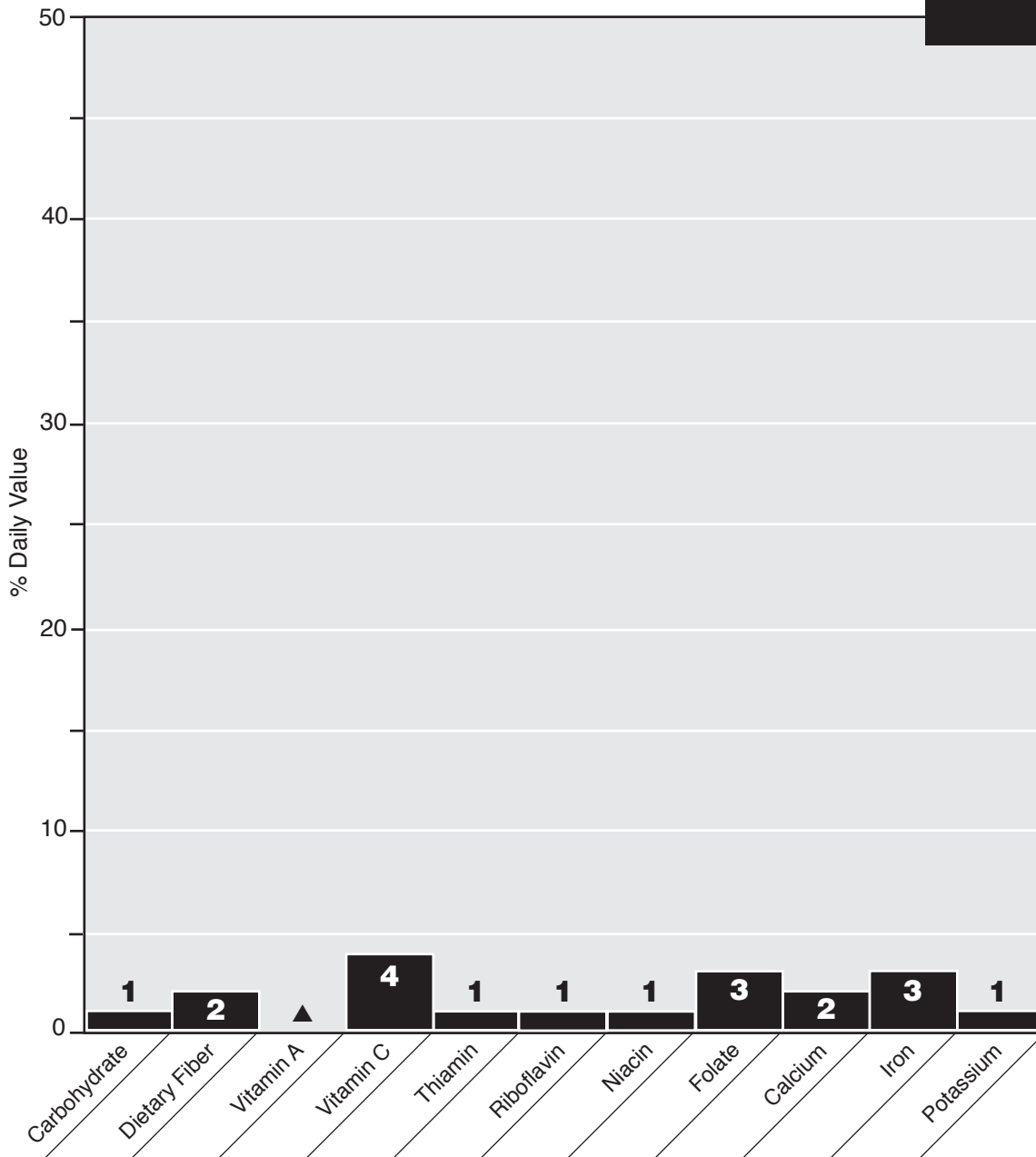


Leek

Liliaceae *Allium ampeloprasum*

(analysis based on boiled, drained white part of leek)



Serving Size

- 1/2 Cup Chopped
- 52 Grams
- 16 Calories
 - 5% from fat
 - 6% from protein
 - 88% from carbohydrate
- 0.4 Gram Protein
- 4 Grams Carbohydrate
- 0.5 gram dietary fiber
- 0.1 Gram Fat
- 47 Grams Water
- 5 Milligrams Sodium

▲ Trace

