- artery damage and reducing formation of blood clots
- to widen arteries and improve blood circulation Folate and B6 work together to keep homocysteine low, preventing

- Kaempferol is a compound that helps produce nitric oxide, a vasodilator
- Quercetin is associated with lowering blood pressure and reducing risk of dementia, Alzheimer's and Parkinson's disease
- anti-inflammatory, anti-aging and cardiovascular benefits
- · Gallic acid is leeks also helps to reduce inflammation
- Excellent source of antioxidants like vitamins C, K and beta-carotene with

- Potential benefits of consuming leeks:
- 54 Calories, 1 gm protein, 2 gm fiber, no fat, no cholesterol

# 1 cup raw or 1/2 cup cooked leeks provides:

# 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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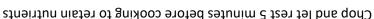
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Chop and let rest 5 minutes before cooking to retain nutrients







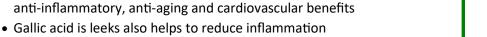
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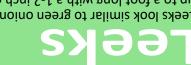
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