



Onion, Leek

- Scientific Name: *Allium ampeloprasum* var. *porrum*
- Phytochemical: Allium Compounds.
- Skin Texture: Base is similar in texture to an onion with flat smooth-skinned stalk.
- Shape: Leeks look like large green onions, with a white onion base and long light green stalk of bundled leaf sheaths.
- Taste: Milder and sweeter than the common onion, they provide complexity, sweetness and body to a dish.
- Flesh Description: The edible portions are the white onion base and light green stalk.
- Outside Coloring: White base and green stalks.

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA

Receiving Information:

- Bulbed ends; woody texture: These are indications of age. Choose smaller-size leeks with fairly straight white bases.
- Wilting; Indication of storage in an area with low humidity.
- Yellowing; rapid decay: Indication of storage at high temperatures or exposure to ethylene. Keep leeks away from ethylene-producing produce and ripening rooms.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: Yes
- Ripens After Harvest: No
- Mist: Yes
- Odor Sensitive: No
- Storage: Store with sufficient air circulation at proper temperature.
- Leeks should not be kept with figs and grapes as their odor may be absorbed by them.

Nutrition Facts

Serving Size: 1 leek

Amount Per Serving

Calories 54	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 18mg	1%
Total Carbohydrates 13g	10%
Dietary Fiber 2g	6%
Sugars 3g	
Protein 1g	3%
Potassium 160mg	3%
Vitamin A 11%	Vitamin C 14%
Calcium 5%	Iron 10%

*Percent Daily Values are based on a 2,000-calorie diet.