



Braised Turnip Greens with Turnips and Apples

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



260 kcal

SIDE DISH

Ingredients

- 2 teaspoons cider vinegar
- 3 gala apples
- 0.8 pound ham hock rinsed
- 2 teaspoons sugar
- 2 pounds turnip greens (see cooks' note, below)
- 1.3 pounds turnips peeled cut into 1/2-inch pieces
- 2 tablespoons butter unsalted cut into pieces

3.5 cups water

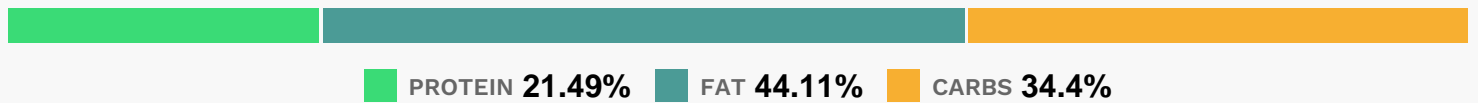
Equipment

pot

Directions

- Bring greens, ham hock, water, and 1/4 teaspoon salt to a boil in a large heavy pot. Reduce heat to low and simmer, covered, stirring occasionally, until greens are almost tender, about 20 minutes.
- Meanwhile, peel apples and cut into 1/2-inch pieces.
- Add turnips and apples to greens with vinegar, sugar, and 1/2 teaspoon each of salt and pepper and cook at a bare simmer, covered, stirring and turning ham hock occasionally, until turnips and apples are tender but not falling apart, about 20 minutes more.
- Remove from heat and stir in butter and salt to taste.
- Remove ham hock and finely chop any tender meat, discarding skin, bone, and tough meat.
- Add chopped meat to pot.
- Lagier Meredith Mount Veeder Napa Valley Syrah '06
- Any braising green such as kale, collards, or beet greens can be substituted for or combined with the turnip greens. Cooking times will vary. •Dish can be made 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:26.89, Glycemic Load:5.59, Inflammation Score:-10, Nutrition Score:25.906521608324%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate:

0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 13.56mg, Kaempferol: 13.56mg, Kaempferol: 13.56mg, Kaempferol: 13.56mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 260.31kcal (13.02%), Fat: 13.15g (20.23%), Saturated Fat: 5.52g (34.49%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 16.53g (6.01%), Sugar: 11.71g (13.02%), Cholesterol: 53.88mg (17.96%), Sodium: 205.47mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.82%), Vitamin K: 286.45µg (272.81%), Vitamin A: 13263.76IU (265.28%), Vitamin C: 86.06mg (104.32%), Folate: 232.78µg (58.19%), Manganese: 0.65mg (32.53%), Fiber: 6.54g (26.17%), Calcium: 253.36mg (25.34%), Copper: 0.49mg (24.64%), Vitamin E: 3.47mg (23.12%), Potassium: 701.89mg (20.05%), Vitamin B6: 0.39mg (19.51%), Iron: 2.23mg (12.41%), Magnesium: 47.53mg (11.88%), Vitamin B2: 0.15mg (9.05%), Vitamin B1: 0.12mg (7.97%), Phosphorus: 75.21mg (7.52%), Vitamin B5: 0.62mg (6.18%), Vitamin B3: 1.03mg (5.14%), Zinc: 0.45mg (2.99%), Selenium: 1.9µg (2.71%)