



Chile-Vinegar Turnip Greens



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons chile paste with garlic
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced
- ☐ 1.5 teaspoons olive oil
- ☐ 0.3 cup rice vinegar
- ☐ 1 pound turnip greens chopped

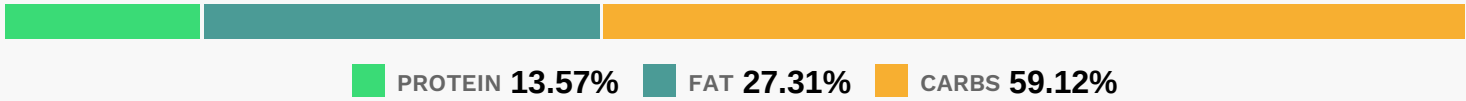
Equipment

☐ pot

Directions

- ☐ Heat oil in a stockpot over medium-high heat.
- ☐ Add garlic, and saut for 30 seconds or until lightly browned.
- ☐ Add the greens, and saut for 5 minutes or until wilted.
- ☐ Add the remaining ingredients. Bring to a boil; cover, reduce heat, and cook 45 minutes.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:23.121738915858%

Flavonoids

Kaempferol: 13.46mg, Kaempferol: 13.46mg, Kaempferol: 13.46mg, Kaempferol: 13.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 60.15kcal (3.01%), Fat: 1.96g (3.02%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 5.81g (2.11%), Sugar: 1.25g (1.39%), Cholesterol: 0mg (0%), Sodium: 278.62mg (12.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin K: 286µg (272.38%), Vitamin A: 13145.91IU (262.92%), Vitamin C: 68.91mg (83.52%), Folate: 220.9µg (55.22%), Manganese: 0.6mg (30.02%), Vitamin E: 3.47mg (23.13%), Calcium: 223.02mg (22.3%), Copper: 0.42mg (20.98%), Vitamin B6: 0.33mg (16.48%), Fiber: 3.74g (14.94%), Potassium: 371.6mg (10.62%), Magnesium: 36.98mg (9.25%), Iron: 1.41mg (7.83%), Vitamin B2: 0.13mg (7.6%), Vitamin B1: 0.09mg (5.92%), Phosphorus: 58.5mg (5.85%), Vitamin B3: 1.05mg (5.25%), Vitamin B5: 0.51mg (5.11%), Selenium: 2.94µg (4.2%), Vitamin B12: 0.11µg (1.89%), Zinc: 0.25mg (1.69%)