

RECIPES AND SECRETS FROM A
LEGENDARY BARBECUE JOINT

Cook the Book: Turnip Greens with Smoked Slab Bacon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound slab bacon smoked
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 garlic clove minced
- ☐ 0.5 cup onion diced
- ☐ 1.5 teaspoons salt

- ☐ 2 pounds mustard greens mixed canned (collard or mustard greens can be substituted or)
- ☐ 5 cups water

Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Wash the turnip greens in cold water and drain well. Repeat the process twice, making sure that all sandy grit is removed from the leaves.
- ☐ Cut off and discard the tough stems and any discolored greens.
- ☐ Place the bacon in a medium stockpot with the water. Bring to a boil and cook at a rapid simmer. Gradually add the greens, stirring to wilt before adding another batch, until all the greens are in the pot.
- ☐ Add the remaining ingredients and mix well. Reduce the heat to medium-low, cover, and simmer for 1 hour, or until the greens are tender.
- ☐ Top each serving of greens with a few dashes of pepper sauce or serve the sauce on the side.
- ☐ Just
- ☐ Add Greens Pepper Sauce
- ☐ Ingredients
- ☐ bunch of mixed peppers (container size determines amount, desired hotness dictates variety)
- ☐ parts white balsamic vinegar
- ☐ part apple cider vinegar
- ☐ Warm a glass container by submerging it in hot water (this will prevent the glass from cracking when hot vinegar is added). Wash the peppers well and stuff them loosely into the glass container.
- ☐ Pour both vinegars into medium-size nonreactive saucepan and cook over medium-high heat. When it reaches a boil, pour the hot vinegar over the peppers, filling the container. Cap the jar and set it aside at room temperature for a few days to allow the vinegar to absorb the pepper flavors. Store the sauce in a tightly covered jar for up to 2 months at room temperature.

Nutrition Facts

 PROTEIN 17.32%  FAT 65.5%  CARBS 17.18%

Properties

Glycemic Index:26.83, Glycemic Load:1.11, Inflammation Score:-10, Nutrition Score:23.051304247068%

Flavonoids

Isorhamnetin: 25.16mg, Isorhamnetin: 25.16mg, Isorhamnetin: 25.16mg, Isorhamnetin: 25.16mg Kaempferol: 58mg, Kaempferol: 58mg, Kaempferol: 58mg, Kaempferol: 58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.03mg, Quercetin: 16.03mg, Quercetin: 16.03mg, Quercetin: 16.03mg

Nutrients (% of daily need)

Calories: 206.65kcal (10.33%), Fat: 15.66g (24.1%), Saturated Fat: 5.05g (31.56%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 4.12g (1.5%), Sugar: 2.59g (2.88%), Cholesterol: 24.95mg (8.32%), Sodium: 873.35mg (37.97%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.32g (18.64%), Vitamin K: 390.34µg (371.75%), Vitamin C: 107.14mg (129.86%), Vitamin A: 4599.36IU (91.99%), Vitamin E: 3.22mg (21.48%), Fiber: 5.12g (20.49%), Vitamin B6: 0.4mg (20.11%), Potassium: 684.61mg (19.56%), Calcium: 187.78mg (18.78%), Vitamin B1: 0.23mg (15.57%), Copper: 0.31mg (15.37%), Iron: 2.71mg (15.05%), Phosphorus: 148.18mg (14.82%), Magnesium: 56.94mg (14.24%), Vitamin B3: 2.76mg (13.79%), Selenium: 9.19µg (13.12%), Vitamin B2: 0.2mg (11.89%), Zinc: 0.88mg (5.9%), Vitamin B5: 0.55mg (5.51%), Folate: 20.73µg (5.18%), Manganese: 0.06mg (3.17%), Vitamin B12: 0.19µg (3.15%), Vitamin D: 0.15µg (1.01%)