



 **100%**
HEALTH SCORE

Farmers' Market Greens

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

Ingredients

- 32 ounce chicken broth
- 1 pound kale fresh washed and stems removed
- 1 pound mustard greens fresh washed and stems removed
- 0.3 cup olive oil divided
- 1 onion chopped
- 8 servings pepper freshly ground to taste
- 8 servings sea salt to taste
- 1 turnip diced peeled

1 pound turnip greens fresh washed and stems removed

Equipment

sauce pan

pot

Directions

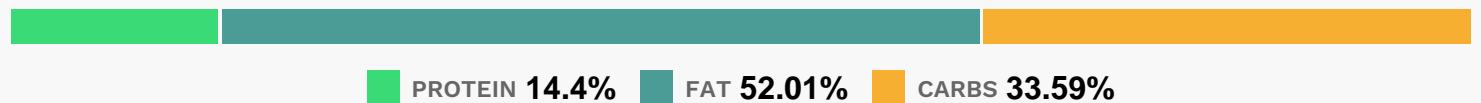
Heat 2 tablespoons olive oil in a large pot or saucepan over low heat.

Add onion, and saut about 2 to 3 minutes.

Add kale and next 6 ingredients. Reduce heat to very low, cover, and simmer 45 minutes, stirring occasionally, until greens and turnip are tender. Uncover, drizzle greens with remaining 2 tablespoons olive oil, and cook 3 minutes.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:26.696087096048%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 23.26mg, Isorhamnetin: 23.26mg, Isorhamnetin: 23.26mg, Isorhamnetin: 23.26mg Kaempferol: 55.07mg, Kaempferol: 55.07mg, Kaempferol: 55.07mg, Kaempferol: 55.07mg Quercetin: 21mg, Quercetin: 21mg, Quercetin: 21mg, Quercetin: 21mg

Nutrients (% of daily need)

Calories: 129.79kcal (6.49%), Fat: 8.27g (12.73%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 5.54g (2.01%), Sugar: 3.31g (3.68%), Cholesterol: 2.27mg (0.76%), Sodium: 689.49mg (29.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Vitamin K: 514.02µg (489.54%), Vitamin A: 13951.62IU (279.03%), Vitamin C: 130.89mg (158.65%), Folate: 156.87µg (39.22%), Manganese: 0.74mg (37.07%), Calcium: 329.85mg (32.99%), Vitamin E: 4.16mg (27.74%), Fiber: 6.49g (25.95%), Vitamin B2: 0.39mg (23.01%), Potassium: 653.92mg (18.68%), Vitamin B6: 0.37mg (18.25%), Copper: 0.36mg (17.94%), Iron: 2.66mg (14.8%), Magnesium: 58.79mg (14.7%), Vitamin B1: 0.19mg (12.36%), Phosphorus: 100.68mg (10.07%), Vitamin B3: 1.79mg (8.95%), Vitamin B5: 0.45mg (4.45%), Zinc: 0.62mg (4.11%), Selenium: 2.34µg (3.34%)