



HEALTH SCORE

100%

Gina's Turnip Greens



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons dijon mustard
- ☐ 1 clove garlic chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1 teaspoon pepper flakes red
- ☐ 1 shallots chopped

☐ 1.5 pounds turnip greens washed stemmed chopped

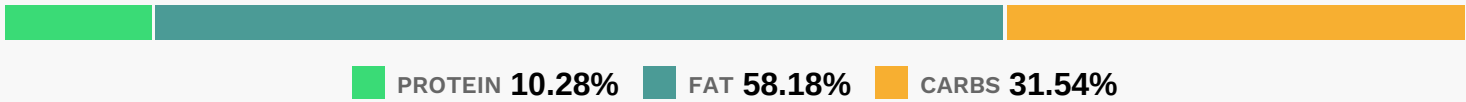
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat olive oil in Dutch oven over medium heat.
- ☐ Add shallot, garlic and red pepper flakes and saute until tender and fragrant.
- ☐ Add the washed and cleaned turnip greens.
- ☐ Mix together. Cook until they have wilted down, about 3 minutes.
- ☐ Add pepper to taste.
- ☐ In a small bowl, whisk the Dijon mustard with the chicken stock.
- ☐ Add to the wilted greens and cook until the liquid has all but evaporated.
- ☐ Add the toasted pecans and serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:33.306956270467%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Kaempferol: 20.19mg, Kaempferol: 20.19mg, Kaempferol: 20.19mg, Kaempferol: 20.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 212.97kcal (10.65%), Fat: 14.88g (22.89%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 18.15g (6.05%),
Net Carbohydrates: 10.66g (3.88%), Sugar: 3.51g (3.9%), Cholesterol: 1.8mg (0.6%), Sodium: 245.51mg (10.67%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.83%), Vitamin K: 430.52µg (410.01%), Vitamin A:
19873.03IU (397.46%), Vitamin C: 103.1mg (124.96%), Folate: 338.82µg (84.7%), Manganese: 1.49mg (74.45%),
Copper: 0.81mg (40.54%), Vitamin E: 5.8mg (38.66%), Calcium: 345.05mg (34.5%), Fiber: 7.49g (29.95%), Vitamin
B6: 0.56mg (27.97%), Magnesium: 77.63mg (19.41%), Potassium: 668.6mg (19.1%), Vitamin B1: 0.25mg (16.72%), Iron:
2.66mg (14.8%), Vitamin B2: 0.25mg (14.75%), Phosphorus: 140.04mg (14%), Vitamin B3: 2.25mg (11.23%), Selenium:
6.72µg (9.6%), Vitamin B5: 0.81mg (8.15%), Zinc: 1.13mg (7.53%)