

Gumbo Z'herbes

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



111 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 1 medium cabbage shredded
- ☐ 3 tablespoons flour all-purpose divided
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup green onion tops chopped
- ☐ 0.3 pound ham hock rinsed
- ☐ 1 Dash hot sauce
- ☐ 2 pound mustard greens cleaned

- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons shortening
- ☐ 1 pound pkt spinach fresh cleaned
- ☐ 0.5 teaspoon thyme leaves dried whole
- ☐ 4 cups water
- ☐ 0.5 pound watercress cleaned

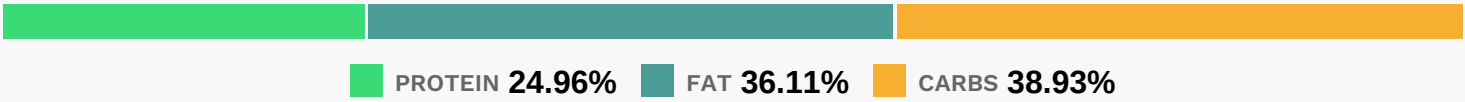
Equipment

- ☐ knife
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Place thoroughly washed greens on cutting board; using a sharp knife, cut greens into bite-size pieces.
- ☐ Place greens, shredded cabbage, and water in a large Dutch oven; bring to a boil. Reduce heat, cover and simmer 20 minutes.
- ☐ Remove greens mixture from Dutch oven and drain, reserving liquid. Set aside.
- ☐ Melt shortening in a Dutch oven over medium heat; add ham hock, and cook until browned.
- ☐ Remove ham hock; set aside.
- ☐ Add greens mixture, onion, green onion tops, parsley, bay leaves, and thyme; cook over medium heat 3 minutes, stirring constantly. Stir in 2 tablespoons flour, salt, pepper, and hot sauce.
- ☐ Add reserved ham hock and reserved liquid. Bring to a boil. Reduce heat, cover and simmer 1 hour.
- ☐ Combine remaining flour and a small amount of water to form a smooth paste. Stir into greens mixture, and cook 1 minute.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:2.9, Inflammation Score:-10, Nutrition Score:24.120869522509%

Flavonoids

Apigenin: 2.76mg, Apigenin: 2.76mg, Apigenin: 2.76mg, Apigenin: 2.76mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 12.58mg, Isorhamnetin: 12.58mg, Isorhamnetin: 12.58mg, Isorhamnetin: 12.58mg Kaempferol: 35.94mg, Kaempferol: 35.94mg, Kaempferol: 35.94mg, Kaempferol: 35.94mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 15.61mg, Quercetin: 15.61mg, Quercetin: 15.61mg, Quercetin: 15.61mg

Nutrients (% of daily need)

Calories: 110.94kcal (5.55%), Fat: 4.91g (7.56%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 6.38g (2.32%), Sugar: 3.96g (4.4%), Cholesterol: 10.3mg (3.43%), Sodium: 483.18mg (21.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin K: 509.2µg (484.95%), Vitamin A: 6637.08IU (132.74%), Vitamin C: 101.94mg (123.57%), Folate: 124.73µg (31.18%), Manganese: 0.55mg (27.46%), Fiber: 5.54g (22.15%), Potassium: 752.94mg (21.51%), Calcium: 188.16mg (18.82%), Vitamin E: 2.75mg (18.32%), Magnesium: 70.28mg (17.57%), Iron: 3.09mg (17.18%), Vitamin B6: 0.34mg (17%), Vitamin B2: 0.22mg (13.05%), Vitamin B1: 0.17mg (11.59%), Copper: 0.23mg (11.31%), Phosphorus: 99.07mg (9.91%), Vitamin B3: 1.24mg (6.21%), Vitamin B5: 0.44mg (4.41%), Zinc: 0.61mg (4.04%), Selenium: 2.15µg (3.07%)