

Gumbo Z'herbes

READY IN



120 min.

SERVINGS



8

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz baby spinach
- ☐ 0.5 lb bunches of kale (from 1 bunch beets; including stems)
- ☐ 1 small pepper flakes fresh red hot minced (2 to 3 inches long)
- ☐ 3 tablespoons apple cider vinegar for serving
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 tablespoon thyme dried fresh
- ☐ 2 garlic clove minced
- ☐ 8 servings hot sauce

- ☐ 1 lb mustard greens
- ☐ 8 large cabbage leaves (from 1 large head)
- ☐ 2 medium onion finely chopped
- ☐ 1 teaspoon salt to taste
- ☐ 2 lb pork hock smoked
- ☐ 0.8 lb turnip greens
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ pot
- ☐ tongs
- ☐ colander
- ☐ cutting board

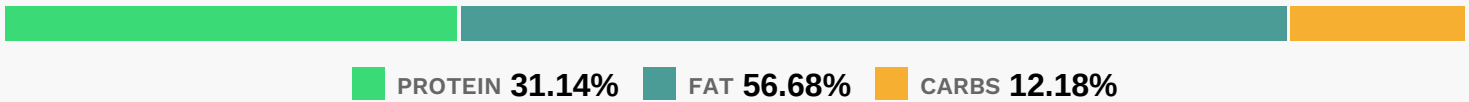
Directions

- ☐ Bring 2 quarts of water to a boil in a 6- to 8-quart wide heavy pot.
- ☐ Add cabbage and simmer, covered, until tender, about 10 minutes.
- ☐ Transfer cabbage with tongs to a colander reserving cooking liquid, then add half of mustard, turnip, and beet greens to cooking liquid. Simmer uncovered, 5 minutes.
- ☐ Transfer greens with tongs to colander with cabbage, then cook remaining greens in same manner and transfer to colander. When greens are cool enough to handle, finely chop.
- ☐ Add ham hocks to cooking liquid (liquid will not cover them completely) and simmer, covered, 1 hour.
- ☐ Transfer with tongs to a cutting board to cool.
- ☐ Transfer ham broth to a bowl, adding water if necessary to measure 5 cups liquid. Discard skin, bones, and fat and finely chop ham.
- ☐ Cook onions and garlic in butter in pot over moderate heat, stirring frequently, until golden, about 5 minutes.
- ☐ Add flour and cook, stirring, 3 minutes.

- ☐
- Add ham broth in a slow stream, stirring constantly.

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Nutrition Facts



Properties

Glycemic Index:43.13, Glycemic Load:2.51, Inflammation Score:-10, Nutrition Score:28.82782592754%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 10.56mg, Isorhamnetin: 10.56mg, Isorhamnetin: 10.56mg, Isorhamnetin: 10.56mg Kaempferol: 29.26mg, Kaempferol: 29.26mg, Kaempferol: 29.26mg, Kaempferol: 29.26mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 12.31mg, Quercetin: 12.31mg, Quercetin: 12.31mg, Quercetin: 12.31mg

Nutrients (% of daily need)

Calories: 469.26kcal (23.46%), Fat: 29.64g (45.61%), Saturated Fat: 11.55g (72.16%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 8.13g (2.96%), Sugar: 3.31g (3.67%), Cholesterol: 131.13mg (43.71%), Sodium: 703.52mg (30.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.65g (73.3%), Vitamin K: 590.08µg (561.98%), Vitamin A: 12165.96IU (243.32%), Vitamin C: 104.4mg (126.54%), Folate: 198.72µg (49.68%), Manganese: 0.81mg (40.43%), Potassium: 1323.05mg (37.8%), Iron: 5.97mg (33.19%), Calcium: 280.7mg (28.07%), Fiber: 6.21g (24.82%), Vitamin E: 3.71mg (24.75%), Vitamin B6: 0.45mg (22.71%), Magnesium: 89.85mg (22.46%), Copper: 0.38mg (19.2%), Vitamin B2: 0.28mg (16.22%), Vitamin B1: 0.18mg (11.97%), Phosphorus: 104.81mg (10.48%), Vitamin B3: 1.46mg (7.3%), Zinc: 0.72mg (4.82%), Vitamin B5: 0.47mg (4.73%), Selenium: 2.77µg (3.96%)