



Mixed Greens with Turkey Sausage

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp pepper red crushed
- 2 cloves garlic minced
- 1.5 lb mustard greens fresh
- 1 onion chopped
- 1 Tbsp shortening
- 1 tsp sugar
- 6.5 oz oscar mayer natural uncured turkey sausage thin ()
- 1.5 lb turnip greens fresh

2 cups water

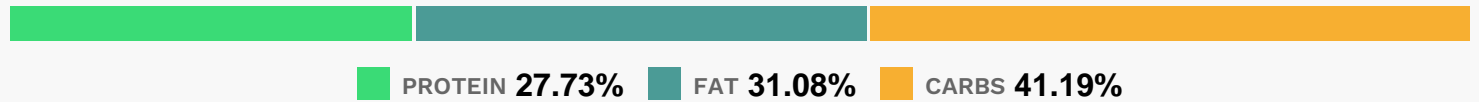
Equipment

frying pan

Directions

- Wash greens, removing all grit.
- Remove and discard hard stems. Stack greens in small bunches; roll up.
- Cut crosswise into wide strips.
- Melt shortening in large skillet on medium heat.
- Add onions and garlic; cook 3 to 5 min. or until crisp-tender, stirring frequently.
- Add remaining ingredients; mix well. Stir in greens; simmer on low heat 45 min. to 1 hour or until tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:7.95, Glycemic Load:0.45, Inflammation Score:-10, Nutrition Score:16.53478265327%

Flavonoids

Isorhamnetin: 5.79mg, Isorhamnetin: 5.79mg, Isorhamnetin: 5.79mg, Isorhamnetin: 5.79mg Kaempferol: 17.1mg, Kaempferol: 17.1mg, Kaempferol: 17.1mg, Kaempferol: 17.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 43.61kcal (2.18%), Fat: 1.64g (2.53%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 2.61g (0.95%), Sugar: 1.17g (1.3%), Cholesterol: 6.91mg (2.3%), Sodium: 77.35mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin K: 173.58µg (165.31%), Vitamin A: 4992.45IU (99.85%), Vitamin C: 44.94mg (54.47%), Folate: 71.61µg (17.9%), Vitamin E: 1.73mg (11.52%), Calcium: 108.2mg (10.82%), Vitamin B6: 0.2mg (10.09%), Copper: 0.19mg (9.52%), Fiber: 2.29g (9.18%), Manganese: 0.17mg (8.67%), Potassium: 265.68mg (7.59%), Magnesium: 24.12mg (6.03%), Iron: 1.07mg (5.92%), Vitamin B2: 0.1mg (5.61%), Phosphorus: 52.53mg (5.25%), Vitamin B3: 0.91mg (4.57%), Vitamin B1: 0.06mg (4.1%), Vitamin B5: 0.31mg (3.08%), Zinc: 0.45mg (2.99%), Vitamin B12: 0.12µg (2%), Selenium: 0.8µg (1.14%)