



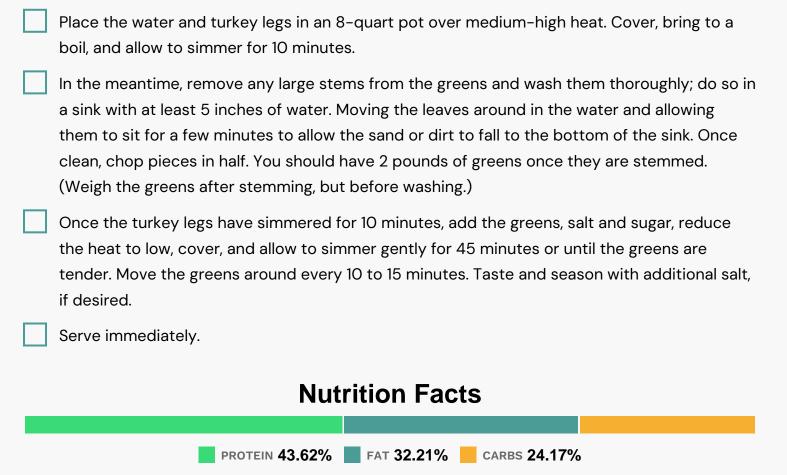
Ingredients

- 1 teaspoon salt
- 1 teaspoon sugar
- 1.5 pounds turkey legs smoked
- 2 pounds turnip greens stemmed
- 1 quart water

Equipment

pot

Directions



Properties

Glycemic Index:17.52, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:43.255217510721%

Flavonoids

Kaempferol: 26.92mg, Kaempferol: 26.92mg, Kaempferol: 26.92mg, Kaempferol: 26.92mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 279.72kcal (13.99%), Fat: 10.17g (15.65%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 9.91g (3.6%), Sugar: 2.84g (3.15%), Cholesterol: 100.24mg (33.41%), Sodium: 788.4mg (34.28%), Alcohol: Og (100%), Protein: 30.99g (61.98%), Vitamin K: 569.26µg (542.15%), Vitamin A: 26283.11IU (525.66%), Vitamin C: 136.08mg (164.94%), Folate: 454.1µg (113.53%), Selenium: 40µg (57.14%), Manganese: 1.09mg (54.47%), Vitamin B6: 1.08mg (53.82%), Copper: 1.03mg (51.63%), Calcium: 462.38mg (46.24%), Vitamin E: 6.49mg (43.24%), Phosphorus: 345.14mg (34.51%), Zinc: 4.82mg (32.12%), Vitamin B2: 0.52mg (30.88%), Potassium: 1056.88mg (30.2%), Fiber: 7.26g (29.03%), Vitamin B3: 5.52mg (27.61%), Iron: 4.93mg (27.38%), Magnesium: 102.34mg (25.58%), Vitamin B5: 2.4mg (24.01%), Vitamin B1: 0.27mg (17.83%), Vitamin B12: 0.55µg (9.18%)