



HEALTH SCORE

100%

Simple Turnip Greens



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 pound boston butt pork shoulder smoked lean (streak of)
- ☐ 4.5 pounds turnip greens fresh
- ☐ 3 quarts water

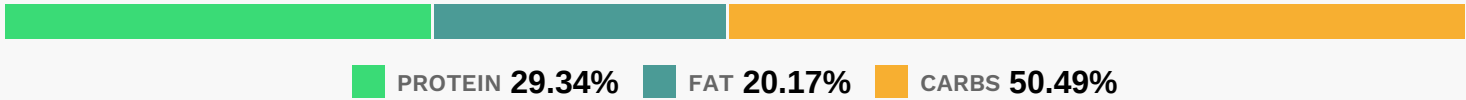
Equipment

- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Remove and discard stems and discolored spots from greens. Wash greens thoroughly; drain and tear greens into pieces. Set aside.
- ☐ Slice salt pork at 1/4-inch intervals, cutting to, but not through, the skin.
- ☐ Combine salt pork, 3 quarts water, pepper, and, if desired, sugar in a Dutch oven; bring mixture to a boil. Cover, reduce heat, and simmer 1 hour.
- ☐ Add greens, and cook, uncovered, 30 to 35 minutes or until tender.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:45.240434895391%

Flavonoids

Kaempferol: 40.38mg, Kaempferol: 40.38mg, Kaempferol: 40.38mg, Kaempferol: 40.38mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 177.32kcal (8.87%), Fat: 4.32g (6.64%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 13.4g (4.87%), Sugar: 2.76g (3.06%), Cholesterol: 30.9mg (10.3%), Sodium: 194.8mg (8.47%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 14.13g (28.25%), Vitamin K: 854.02µg (813.36%), Vitamin A: 39421.53IU (788.43%), Vitamin C: 204.49mg (247.86%), Folate: 662.3µg (165.57%), Manganese: 1.6mg (80.07%), Calcium: 667.39mg (66.74%), Copper: 1.31mg (65.61%), Vitamin E: 9.73mg (64.87%), Vitamin B6: 1.09mg (54.32%), Fiber: 10.91g (43.63%), Vitamin B1: 0.65mg (43.06%), Potassium: 1165.34mg (33.3%), Magnesium: 120.02mg (30%), Vitamin B2: 0.49mg (28.54%), Selenium: 17.69µg (25.27%), Iron: 4.31mg (23.96%), Phosphorus: 236.17mg (23.62%), Vitamin B3: 4.01mg (20.07%), Vitamin B5: 1.67mg (16.73%), Zinc: 2.14mg (14.28%), Vitamin B12: 0.39µg (6.46%)