



 **94%**
HEALTH SCORE

Slow-Cooker Ham with Turnips

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



470 min.

SERVINGS



6

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon pickling spice
- 0.3 cup brown sugar packed
- 2 cups cooking wine dry white
- 3 cloves garlic smashed
- 2 granny smith apples diced with skin)
- 1 pound winter greens frozen thawed chopped (such as turnip greens, kale or spinach)
- 4 pound picnic ham smoked (pork shoulder)
- 8 large sprigs parsley

- 4 sprigs thyme leaves
- 1 pound turnips peeled cut into 2-inch pieces

Equipment

- slow cooker

Directions

- Put the apples, garlic, thyme, parsley, pickling spice and brown sugar in a 5-to-6-quart slow cooker.
- Add the ham and surround it with the turnips.
- Pour in the wine and 2 cups water. Cover and cook on low, 7 hours.
- Remove the ham from the slow cooker.
- Add the greens to the cooker and stir to combine with the liquid. Return the ham to the cooker, cover and cook on high 30 minutes.
- Slice the ham and serve with the turnips, apples and greens.

Nutrition Facts

PROTEIN 37.93% **FAT 30.4%** **CARBS 31.67%**

Properties

Glycemic Index:38.67, Glycemic Load:5.3, Inflammation Score:-10, Nutrition Score:43.764348071554%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 5.01mg, Epicatechin: 5.01mg, Epicatechin: 5.01mg, Epicatechin: 5.01mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 9.09mg, Kaempferol: 9.09mg, Kaempferol: 9.09mg, Kaempferol: 9.09mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin:

3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 460.26kcal (23.01%), Fat: 13.71g (21.09%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 25.69g (9.34%), Sugar: 19.58g (21.76%), Cholesterol: 123.59mg (41.2%), Sodium: 229.93mg (10%), Alcohol: 8.24g (100%), Alcohol %: 2.13% (100%), Protein: 38.5g (76.99%), Vitamin K: 228.7µg (217.81%), Vitamin A: 8989.5IU (179.79%), Vitamin B1: 1.74mg (115.8%), Vitamin C: 68.87mg (83.47%), Selenium: 56.37µg (80.53%), Vitamin B6: 1.15mg (57.44%), Phosphorus: 453.64mg (45.36%), Vitamin B3: 8.95mg (44.74%), Folate: 178.15µg (44.54%), Vitamin B2: 0.72mg (42.61%), Zinc: 6.37mg (42.49%), Manganese: 0.76mg (37.9%), Potassium: 1179.6mg (33.7%), Copper: 0.56mg (27.87%), Iron: 4.79mg (26.63%), Vitamin B12: 1.55µg (25.82%), Fiber: 6.45g (25.81%), Calcium: 257.2mg (25.72%), Magnesium: 91.11mg (22.78%), Vitamin B5: 2.08mg (20.8%), Vitamin E: 2.76mg (18.37%)