



Southern Turnip Greens and Ham Hocks



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



265 kcal

SIDE DISH

Ingredients

- ☐ 1.8 pounds ham hocks rinsed
- ☐ 1 tablespoon sugar
- ☐ 2 bunches turnip greens fresh with roots (10 pounds)
- ☐ 2 quarts water

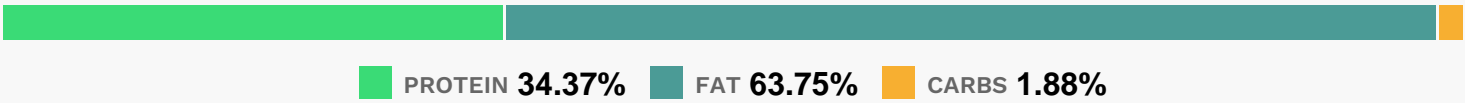
Equipment

- ☐ dutch oven

Directions

- ☐ Bring ham hocks and 2 quarts water to a boil in an 8-quart Dutch oven. Reduce heat, and simmer 1 1/2 to 2 hours or until meat is tender.
- ☐ Remove and discard stems and discolored spots from greens. Chop greens, and wash thoroughly; drain. Peel turnip roots, and cut in half.
- ☐ Add greens, roots, and sugar to Dutch oven; bring to a boil. Reduce heat; cover and simmer 45 to 60 minutes or until greens and roots are tender.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:0.84, Inflammation Score:1, Nutrition Score:0.92521739200405%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Nutrients (% of daily need)

Calories: 265.05kcal (13.25%), Fat: 18.26g (28.09%), Saturated Fat: 6.75g (42.17%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 1.2g (0.44%), Sugar: 1.2g (1.33%), Cholesterol: 86.52mg (28.84%), Sodium: 208mg (9.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.15g (44.3%), Potassium: 291.94mg (8.34%), Iron: 1.29mg (7.16%), Calcium: 21.95mg (2.19%), Copper: 0.03mg (1.55%)