



Turnip Greens



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons add carrot and onion to bacon fat . cook
- ☐ 1 teaspoon salt
- ☐ 1 medium piece salt pork
- ☐ 1 bunch turnip greens fresh with roots
- ☐ 1 cup water

Equipment

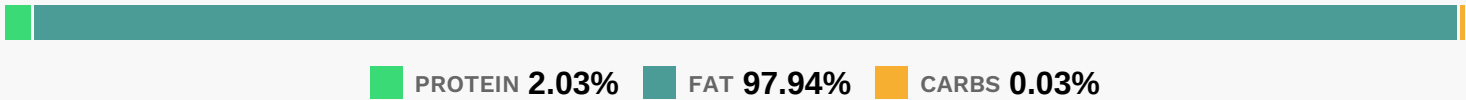
- ☐ frying pan
- ☐ sauce pan

☐ colander

Directions

- ☐ Strip the stems from the greens (unless they’re very tender) and wash thoroughly.
- ☐ Place in a saucepan and add the pork, water, and salt. Cook, covered, for 45 minutes over medium heat, or until tender.
- ☐ Remove the pork and pour the greens into a colander to drain.
- ☐ Place in a pan and chop scissor-like with two knives. If necessary, add more salt to taste. Keep hot and add the bacon drippings and a pinch of sugar.
- ☐ Mrs. Wilkes' Boardinghouse Cookbook
- ☐ Ten Speed Press

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.6165217447864%

Flavonoids

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

Nutrients (% of daily need)

Calories: 166.58kcal (8.33%), Fat: 18.06g (27.79%), Saturated Fat: 6.72g (41.98%), Carbohydrates: 0.01g (0%), Net Carbohydrates: 0.01g (0%), Sugar: 0g (0%), Cholesterol: 18.77mg (6.26%), Sodium: 843.95mg (36.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.69%), Vitamin B1: 0.04mg (2.4%), Selenium: 0.97µg (1.39%), Vitamin B3: 0.27mg (1.36%), Zinc: 0.16mg (1.07%)