

Turnip Greens

Gluten Free Dairy Free Dow Fod Map

READY IN

SERVINGS

45 min.

6

calories ô
167 kcal

SIDE DISH

Ingredients

	2 tablespoons	add carrot	and onion	to bacon	fat . cool

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					
PROTEIN 2.03% FAT 97.94% CARBS 0.03%					
Properties Chycomic Index: O. Chycomic Load: O. Inflammation Score: 1. Nutrition Score: 0.61652174478649					

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: Og (0%), Cholesterol: 18.77mg (6.26%), Sodium: 843.95mg (36.69%), Alcohol: Og (100%), Alcohol %: O% (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%)