



Turnip Greens



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 1 pound collard greens trimmed chopped
- ☐ 1 chile dried red
- ☐ 0.3 teaspoon salt
- ☐ 4 ounce salt pork cut into 4 pieces
- ☐ 1 teaspoon sugar
- ☐ 2 cups water

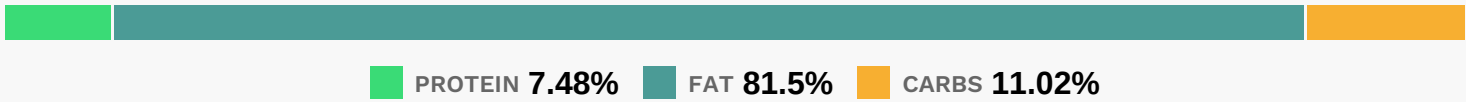
Equipment

- ☐ dutch oven

Directions

- ☐ Wash greens; pat dry. Coarsely chop.
- ☐ Combine the water, sugar, pork, and chile in a large Dutch oven. Bring to a boil; cover, reduce heat, and simmer 20 minutes. Discard chile. Stir in greens and salt; cover and cook over medium heat 10 minutes or until tender, stirring occasionally. Discard pork.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:15.219130544559%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 6.61mg, Kaempferol: 6.61mg, Kaempferol: 6.61mg, Kaempferol: 6.61mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 168.17kcal (8.41%), Fat: 15.68g (24.12%), Saturated Fat: 5.59g (34.97%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 1.74g (0.63%), Sugar: 1.01g (1.13%), Cholesterol: 16.25mg (5.42%), Sodium: 621.24mg (27.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Vitamin K: 330.38µg (314.65%), Vitamin A: 3799.24IU (75.98%), Vitamin C: 26.69mg (32.35%), Manganese: 0.5mg (24.95%), Folate: 97.72µg (24.43%), Calcium: 179.01mg (17.9%), Fiber: 3.03g (12.12%), Vitamin E: 1.71mg (11.43%), Vitamin B6: 0.14mg (7.01%), Vitamin B2: 0.11mg (6.48%), Magnesium: 22.55mg (5.64%), Vitamin B1: 0.08mg (5.43%), Potassium: 173.86mg (4.97%), Vitamin B3: 0.87mg (4.35%), Selenium: 2.09µg (2.98%), Phosphorus: 28.78mg (2.88%), Copper: 0.06mg (2.86%), Iron: 0.44mg (2.46%), Vitamin B5: 0.24mg (2.41%), Zinc: 0.34mg (2.25%)