



Turnip Greens Cooked in Rich Pork Stock



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 1 pound boston butt pork shoulder smoked cut into 1/2-inch cubes
- ☐ 3 pounds mustard greens thick coarsely chopped
- ☐ 10 servings onion sweet thinly sliced (such as Vidalia or Maui; optional)
- ☐ 16 cups water

Equipment

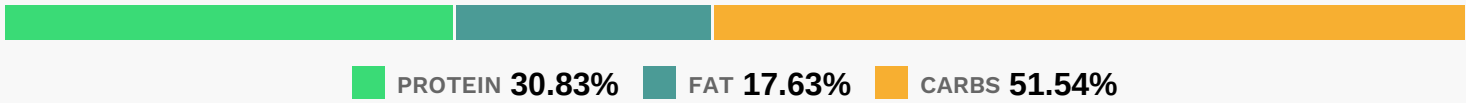
- ☐ bowl
- ☐ pot
- ☐ sieve

☐ slotted spoon

Directions

- ☐ Combine 16 cups water and pork in very large deep pot; bring to boil. Reduce heat to medium-low, cover, and simmer 1 1/2 hours. Using sieve or slotted spoon, remove pork pieces from broth and discard. DO AHEAD: Broth can be made 2 days ahead. Cool slightly. Chill uncovered until cold, then cover and keep chilled.
- ☐ Return broth to boil. Season lightly with salt and pepper.
- ☐ Add greens to broth by large handfuls, allowing greens to wilt slightly before adding more. Cover and boil gently over medium heat just until greens are tender, about 10 minutes for mustard greens and 20 minutes for turnip greens or kale.
- ☐ Drain, reserving cooking liquid.
- ☐ Transfer greens to serving bowl. Moisten generously with cooking liquid (reserve remaining cooking liquid for another use). Season to taste with salt and generous amount of pepper. Scatter onion over, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.64, Inflammation Score:-10, Nutrition Score:24.915217441061%

Flavonoids

Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 22.04mg, Isorhamnetin: 22.04mg, Isorhamnetin: 22.04mg, Isorhamnetin: 22.04mg Kaempferol: 53.81mg, Kaempferol: 53.81mg, Kaempferol: 53.81mg, Kaempferol: 53.81mg Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg Quercetin: 33.46mg, Quercetin: 33.46mg, Quercetin: 33.46mg, Quercetin: 33.46mg

Nutrients (% of daily need)

Calories: 125.05kcal (6.25%), Fat: 2.67g (4.1%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 17.53g (5.84%), Net Carbohydrates: 11.84g (4.31%), Sugar: 9.23g (10.25%), Cholesterol: 18.54mg (6.18%), Sodium: 79.01mg (3.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.49g (20.97%), Vitamin K: 351.52µg (334.79%), Vitamin C: 102.58mg (124.34%), Vitamin A: 4118.13IU (82.36%), Vitamin B1: 0.41mg (27.61%), Vitamin B6: 0.55mg (27.61%), Fiber: 5.69g (22.75%), Potassium: 793.01mg (22.66%), Calcium: 201.32mg (20.13%), Copper: 0.39mg (19.74%), Vitamin E:

2.76mg (18.43%), Phosphorus: 174.78mg (17.48%), Magnesium: 66.46mg (16.62%), Iron: 2.95mg (16.41%), Vitamin B2: 0.27mg (15.66%), Selenium: 10.13µg (14.47%), Folate: 51.75µg (12.94%), Vitamin B3: 2.47mg (12.34%), Zinc: 1.44mg (9.6%), Vitamin B5: 0.66mg (6.58%), Manganese: 0.12mg (5.79%), Vitamin B12: 0.23µg (3.87%)