



 **86%**
HEALTH SCORE

Turnip Greens Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups chicken broth (from 32-oz carton)
- 2 cups finely-chopped ham cooked chopped
- 10 oz suya seasoning mix frozen
- 1 teaspoon pepper
- 1 teaspoon sugar
- 32 oz turnip greens frozen chopped
- 1 tablespoon vegetable oil

Equipment

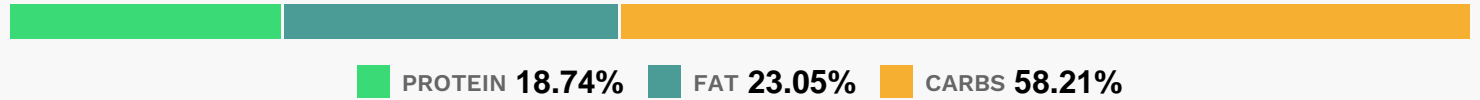
oven

Directions

In 4-quart oven, heat oil over medium– high heat. Cook ham in oil 5 minutes, stirring occasionally, until lightly browned. Stir in remaining ingredients.

Heat to boiling; reduce heat to low. Cover; simmer 25 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:13.39, Glycemic Load:0.85, Inflammation Score:-10, Nutrition Score:44.467391615329%

Flavonoids

Kaempferol: 13.46mg, Kaempferol: 13.46mg, Kaempferol: 13.46mg, Kaempferol: 13.46mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 195.16kcal (9.76%), Fat: 5.9g (9.08%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 14.8g (5.38%), Sugar: 3.25g (3.61%), Cholesterol: 22.39mg (7.46%), Sodium: 707.5mg (30.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.61%), Vitamin K: 508.48µg (484.26%), Vitamin A: 13745.35IU (274.91%), Manganese: 2.38mg (119.12%), Vitamin C: 75.44mg (91.44%), Iron: 14.61mg (81.19%), Calcium: 787.72mg (78.77%), Folate: 304.87µg (76.22%), Fiber: 18.75g (75.01%), Vitamin E: 9.89mg (65.94%), Vitamin B6: 0.74mg (37.06%), Magnesium: 138.07mg (34.52%), Copper: 0.67mg (33.5%), Potassium: 880.74mg (25.16%), Vitamin B2: 0.42mg (24.72%), Vitamin B1: 0.31mg (20.71%), Phosphorus: 186.48mg (18.65%), Vitamin B3: 3.52mg (17.62%), Selenium: 8.92µg (12.74%), Zinc: 1.86mg (12.42%), Vitamin B5: 1.02mg (10.15%), Vitamin B12: 0.42µg (6.93%)