



Turnip Greens Stew



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 31 oz .5 can cannellini beans drained and rinsed canned
- ☐ 3 cups chicken broth
- ☐ 2 cups ham cooked chopped
- ☐ 4 cups onion diced green red frozen
- ☐ 1 teaspoon seasoned pepper
- ☐ 1 teaspoon sugar
- ☐ 32 oz turnip greens frozen chopped
- ☐ 1 tablespoon vegetable oil

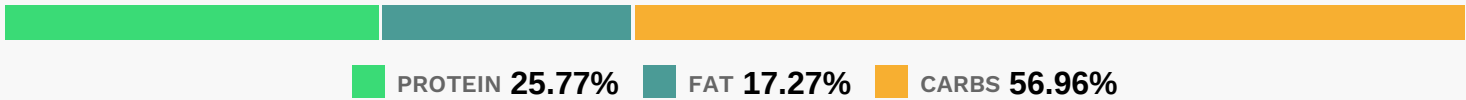
Equipment

☐ dutch oven

Directions

- ☐ Saut ham in hot oil in a Dutch oven over medium-high heat 5 minutes or until lightly browned.
- ☐ Add broth and remaining ingredients; bring to a boil. Cover, reduce heat to low, and simmer, stirring occasionally, 25 minutes.

Nutrition Facts



Properties

Glycemic Index:14.31, Glycemic Load:4.95, Inflammation Score:-10, Nutrition Score:31.110869718635%

Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Kaempferol: 10.8mg, Kaempferol: 10.8mg, Kaempferol: 10.8mg, Kaempferol: 10.8mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 193.11kcal (9.66%), Fat: 3.87g (5.95%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 20.52g (7.46%), Sugar: 3.12g (3.47%), Cholesterol: 17.91mg (5.97%), Sodium: 565.1mg (24.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.97%), Vitamin K: 237.49µg (226.18%), Vitamin A: 10734.57IU (214.69%), Vitamin C: 107.62mg (130.44%), Folate: 239.79µg (59.95%), Manganese: 1.02mg (50.83%), Fiber: 8.19g (32.74%), Copper: 0.6mg (29.99%), Vitamin B6: 0.5mg (24.82%), Calcium: 247.55mg (24.75%), Vitamin E: 3.65mg (24.34%), Potassium: 850.68mg (24.31%), Iron: 4.09mg (22.72%), Magnesium: 84.7mg (21.17%), Vitamin B1: 0.32mg (21.11%), Phosphorus: 199.12mg (19.91%), Vitamin B2: 0.24mg (13.87%), Zinc: 1.79mg (11.93%), Selenium: 7.26µg (10.38%), Vitamin B3: 1.89mg (9.45%), Vitamin B5: 0.77mg (7.73%), Vitamin B12: 0.33µg (5.55%)