



Turnip Greens With Caramelized Onions



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 teaspoons butter
- ☐ 4 cups onion vertically sliced
- ☐ 0.5 teaspoon pepper
- ☐ 2 pound prepackaged turnip greens coarsely chopped

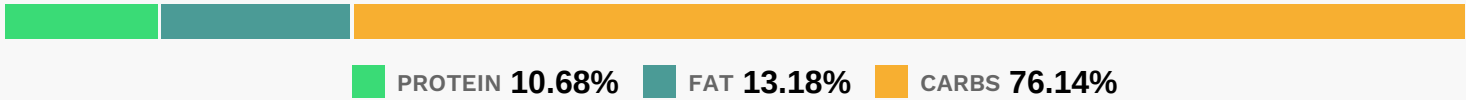
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Melt margarine in a large Dutch oven over medium-high heat.
- ☐ Add onion; saut 7 minutes. Stir in sugar and pepper. Cover, reduce heat to medium-low, and cook 20 minutes or until golden, stirring frequently.
- ☐ Remove onion mixture from pan; set aside.
- ☐ Place pan coated with cooking spray over medium-high heat until hot. Gradually add turnip greens, and cook 10 minutes or until wilted, stirring frequently.
- ☐ Add onion mixture to turnip greens; stir gently.
- ☐ Sprinkle with hot pepper sauce, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:2.22, Inflammation Score:-10, Nutrition Score:28.557825981194%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 18.64mg, Kaempferol: 18.64mg, Kaempferol: 18.64mg, Kaempferol: 18.64mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.76mg, Quercetin: 22.76mg, Quercetin: 22.76mg, Quercetin: 22.76mg

Nutrients (% of daily need)

Calories: 118.65kcal (5.93%), Fat: 1.91g (2.93%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 18.09g (6.58%), Sugar: 9.63g (10.7%), Cholesterol: 0mg (0%), Sodium: 81.62mg (3.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin K: 380.21µg (362.1%), Vitamin A: 17581.91IU (351.64%), Vitamin C: 98.62mg (119.53%), Folate: 313.67µg (78.42%), Manganese: 0.87mg (43.3%), Calcium: 316.37mg (31.64%), Vitamin E: 4.4mg (29.33%), Copper: 0.57mg (28.74%), Fiber: 6.69g (26.78%), Vitamin B6: 0.53mg (26.4%), Potassium: 611.51mg (17.47%), Magnesium: 58.23mg (14.56%), Iron: 1.93mg (10.73%), Vitamin B2: 0.18mg (10.64%), Vitamin B1: 0.16mg (10.35%), Phosphorus: 95.24mg (9.52%), Vitamin B5: 0.71mg (7.15%), Vitamin B3: 1.04mg (5.19%), Selenium: 2.4µg (3.43%), Zinc: 0.47mg (3.15%)