



Turnip Greens with Cornmeal Dumplings

 Gluten Free

READY IN



180 min.

SERVINGS



6

CALORIES



324 kcal

SIDE DISH

Ingredients

- 0.3 cup pepper black
- 4 tablespoons butter ()
- 2 chicken bouillon cubes
- 1 cup cornmeal all-purpose
- 1 eggs
- 0.3 cup garlic powder
- 0.3 teaspoon ground ginger
- 0.8 pound goat meat smoked excellent (turkey wings are)

- 1 small onion chopped
- 0.5 teaspoon salt
- 1 cup salt
- 1 teaspoon sugar (optional; may be used if greens are bitter)
- 1 bunch turnip greens with roots
- 0.7 cup liquid from turnips cooked
- 4 quarts water

Equipment

- pot

Directions

- Place smoked meat in water along with House Seasoning, bouillon, and ginger. Cook over low heat for 1 1/2 hours. Strip turnip leaves free of the big stem that runs down the center of each leaf. Wash in a sink full of clean water.
- Drain and wash twice more, since greens can often be sandy. Peel and slice or quarter roots.
- Add greens to meat; cook for another 30 minutes, stirring often.
- Add roots and continue to cook for approximately 15 minutes, or until roots are tender. (Reserve 2/3 cup turnip liquid for the dumplings.)
- Add butter and sugar.
- Serve with dumplings.
- Mix ingredients together and store in an airtight container for up to 6 months.
- Mix all ingredients together. Dipping by teaspoonfuls, gently roll batter in the palms of your hands into approximately 1-inch balls; drop into boiling turnip liquid. Make sure each dumpling is completely covered in liquid by shaking the pot gently; do not stir. Boil for about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:42.58, Glycemic Load:13.79, Inflammation Score:-5, Nutrition Score:15.605217467184%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 324.11kcal (16.21%), Fat: 15.11g (23.25%), Saturated Fat: 6.77g (42.29%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 28.86g (10.49%), Sugar: 2.03g (2.25%), Cholesterol: 74.11mg (24.7%), Sodium: 19516.61mg (848.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.45g (28.9%), Manganese: 1.65mg (82.37%), Vitamin B6: 0.55mg (27.33%), Fiber: 6.35g (25.39%), Selenium: 15.92µg (22.74%), Copper: 0.42mg (20.81%), Phosphorus: 205.48mg (20.55%), Magnesium: 72.47mg (18.12%), Iron: 3.18mg (17.68%), Vitamin K: 17.39µg (16.56%), Potassium: 493.16mg (14.09%), Zinc: 2.1mg (13.99%), Vitamin B3: 2.65mg (13.27%), Vitamin B1: 0.17mg (11.22%), Calcium: 105.47mg (10.55%), Vitamin B2: 0.15mg (8.75%), Vitamin B5: 0.76mg (7.55%), Vitamin A: 359.87IU (7.2%), Folate: 27.15µg (6.79%), Vitamin C: 4.32mg (5.24%), Vitamin B12: 0.23µg (3.89%), Vitamin E: 0.58mg (3.85%)