



## Warm Turnip Green Dip

READY IN



35 min.

SERVINGS



15

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 5 slices bacon chopped
- ☐ 15 servings flat parsley assorted
- ☐ 12 ounces cream cheese cut into pieces
- ☐ 0.3 cup wine dry white
- ☐ 2 garlic clove chopped
- ☐ 0.8 cup parmesan cheese freshly grated
- ☐ 15 servings pepper dried red crushed
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.3 teaspoon salt

- ☐ 8 oz cream sour
- ☐ 0.5 medium size onion sweet chopped
- ☐ 16 oz turnip greens frozen thawed chopped

## Equipment

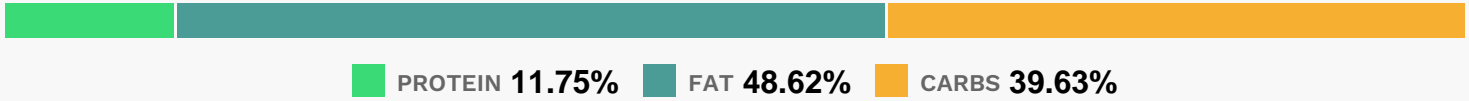
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ dutch oven

## Directions

- ☐ Preheat oven to broil. Cook bacon in a Dutch oven over medium-high heat 5 to 6 minutes or until crisp; remove bacon, and drain on paper towels, reserving 1 Tbsp. drippings in Dutch oven.
- ☐ Saut onion and garlic in hot drippings 3 to 4 minutes.
- ☐ Add wine, and cook 1 to 2 minutes, stirring to loosen particles from bottom of Dutch oven. Stir in turnip greens, next 4 ingredients, and 1/2 cup Parmesan cheese. Cook, stirring often, 6 to 8 minutes or until cream cheese is melted and mixture is thoroughly heated.
- ☐ Transfer to a lightly greased 1 1/2-qt. baking dish. (Make certain that you use a broiler-safe baking dish.)
- ☐ Sprinkle with remaining 1/4 cup Parmesan cheese.
- ☐ Broil 6 inches from heat 4 to 5 minutes or until cheese is lightly browned.
- ☐ Sprinkle with bacon.
- ☐ Garnish, if desired.
- ☐ Serve with assorted crackers, flatbread, and wafers.
- ☐ Note: To make ahead, prepare recipe as directed through Step Cover and chill 8 hours.
- ☐ Bake, covered with aluminum foil, at 350 for 30 minutes. Uncover and bake 30 minutes.
- ☐ Sprinkle with bacon.

- ☐ Serve with assorted crackers and chips.
- ☐ Warm Spinach–Artichoke Dip: Substitute 2 (10–oz.) packages frozen spinach, thawed and drained, and 1 (14–oz.) can quartered artichoke hearts, drained and coarsely chopped, for turnip greens. Proceed with recipe as directed.

## Nutrition Facts



### Properties

Glycemic Index:11.27, Glycemic Load:21.15, Inflammation Score:-10, Nutrition Score:16.666521668434%

### Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 3.72mg, Kaempferol: 3.72mg, Kaempferol: 3.72mg, Kaempferol: 3.72mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

### Nutrients (% of daily need)

Calories: 293.86kcal (14.69%), Fat: 15.92g (24.5%), Saturated Fat: 8g (49.98%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 26.52g (9.65%), Sugar: 2.36g (2.62%), Cholesterol: 41.02mg (13.67%), Sodium: 512.25mg (22.27%), Alcohol: 0.41g (100%), Alcohol %: 0.38% (100%), Protein: 8.66g (17.31%), Vitamin A: 4561.51IU (91.23%), Vitamin K: 78.93µg (75.17%), Vitamin C: 18.95mg (22.97%), Manganese: 0.4mg (19.88%), Folate: 74.68µg (18.67%), Calcium: 183.83mg (18.38%), Phosphorus: 140.03mg (14%), Vitamin E: 1.97mg (13.1%), Vitamin B2: 0.19mg (11.32%), Vitamin B1: 0.17mg (11.23%), Fiber: 2.67g (10.7%), Copper: 0.21mg (10.66%), Vitamin B6: 0.2mg (10.01%), Selenium: 6.63µg (9.48%), Vitamin B3: 1.63mg (8.17%), Iron: 1.38mg (7.69%), Potassium: 267.95mg (7.66%), Magnesium: 30.53mg (7.63%), Zinc: 0.97mg (6.48%), Vitamin B5: 0.54mg (5.44%), Vitamin B12: 0.19µg (3.1%)