

Turnip Greens Nutrition Facts

You can eat the greens, too! _____



What's inside?

18 calories

7% of daily fiber

173% of daily Vitamin K

3% of daily iron

10% of daily Calcium

5% of daily Potassium

127% of daily Vitamin A



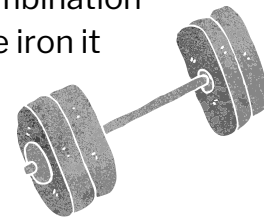
The Power House Veggie!

Rich in nutrients, turnips are often referred to as a “powerhouse” vegetable.

The antioxidants found in turnip greens help fight inflammation, which helps with heart health and cancer prevention.



Turnip greens are also a good source of Iron and Vitamin C. This combination helps our bodies absorb the iron it needs. Not getting enough iron can make our bodies feel tired or weak.



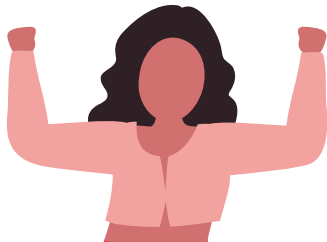
Did you know?

Vitamins A and K are the super stars of turnip greens.

1 cup of uncooked turnip greens provides more than the full recommended daily amount of both Vitamin A and Vitamin K!

Vitamin A helps support our immune system to keep us from getting sick. Vitamin A is also important for our bone and eye health, especially for night vision.

Vitamin K is also important for keeping our bones strong and healthy.



Fun Fact

Just like the roots, turnip greens taste best when they are young and tender. When buying turnip greens, choose leaves with a deep green color for the best taste.

