

Turnips,

Turnip greens are an excellent source of vitamin C, vitamin E, beta carotene and manganese but it's their vitamin K content that really stands out. One cup of turnip greens will give you nearly 600% of your recommended daily value of the nutrient. Vitamin K is a powerful regulator of your inflammatory response so the anti inflammatory plant based omega 3s that is found in turnips makes this vegetable an inflammation fighting powerhouse.