

# The Beauty of Southern Food

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/good-southern-food-recipe>

## Ingredients:

- cabbage Skillet Fried
- bacon grease Fried doesn't always mean deep-fried. In this case, it means cooked in a cast iron skillet in some
- 6 pieces bacon or 8 or 10 or a pound. You decide.
- 1 sweet onion medium, thinly sliced
- 1 head green cabbage cored and thinly sliced
- 1 1/2 teaspoons kosher salt
- 1 cup water
- 1 teaspoon red pepper flakes optional

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 30 milligrams
4. Fat: 19 grams
5. Fiber: 6 grams
6. Protein: 8 grams
7. SaturatedFat: 6 grams
8. Sodium: 1300 milligrams
9. Sugar: 4 grams

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