

# Mary's Healthy Southern Collard Greens

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-southern-collard-greens-recipe>

## Ingredients:

- 3 bunches collard greens fresh, thoroughly washed
- 1/4 cup olive oil
- 3 tablespoons kosher salt

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 7 grams
3. Fat: 9 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 3610 milligrams

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