

# Old Fashioned Southern Green Beans

Yield: 6 min  
Total Time: 145 min

Recipe from: <https://www.recipeschoose.com/recipes/old-fashioned-southern-green-bean-recipe>

## Ingredients:

- 1 pound smoked ham hock meaty
- 3 pounds green beans washed, trimmed and cut in 2" pieces
- 2 teaspoons salt

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 16 grams
3. Fiber: 7 grams
4. Protein: 5 grams
5. Sodium: 800 milligrams
6. Sugar: 7 grams

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