

# Down Home Chitterlings

Yield: 12 min  
Total Time: 480 min

Recipe from: <https://www.recipeschoose.com/recipes/hot-southern-chitterlings-recipe>

## Ingredients:

- 10 pounds chitterlings frozen cleaned, thawed
- 1 onion roughly chopped
- 2 teaspoons salt
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon minced garlic

## Nutrition:

1. Calories: 1000 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 270 milligrams
4. Fat: 79 grams
5. Protein: 64 grams
6. SaturatedFat: 30 grams
7. Sodium: 610 milligrams

---

Thank you for visiting our website. Hope you enjoy Down Home Chitterlings above. You can see more 19 hot southern chitterlings recipe Cook up something special! to get more great cooking ideas.