

# Sautéed Beet Greens

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 3 pounds beets fresh, with their greens
- 4 bacon slices thick cut
- 2 tablespoons bacon fat reserved
- 3 cloves garlic minced or grated
- salt /pepper to taste
- 1/2 fresh lemon

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 10 milligrams
4. Fat: 10 grams
5. Fiber: 11 grams
6. Protein: 8 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 540 milligrams
9. Sugar: 24 grams

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