

Southern Fried Cabbage with Onions

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-girl-butter-cabbage-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 tablespoon butter Tbsp real
- 1 medium onion – pared and sliced
- 1 tablespoon garlic – minced
- 1 cabbage medium to large head of, – chopped into ½ inch strips
- 1 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon red pepper flakes

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 10 milligrams
4. Fat: 10 grams
5. Fiber: 5 grams
6. Protein: 3 grams
7. SaturatedFat: 3 grams
8. Sodium: 650 milligrams
9. Sugar: 1 grams

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