

# Southern Greens

Yield: 8 min  
Total Time: 160 min

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

## Ingredients:

- 1 tablespoon olive oil
- 1 yellow onion
- 1 teaspoon minced garlic
- 1 pinch red pepper flakes
- 2 smoked turkey tails or smoked ham hocks
- water to cover
- 12 cups greens chopped and cleaned, Collards, Turnip, Mustard, Kale, or a mix
- 2 teaspoons apple cider vinegar
- 2 teaspoons brown sugar or to taste
- salt
- pepper

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 350 milligrams
9. Sugar: 2 grams

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