

# Soul Food Style Pork Neck Bones

Yield: 6 min  
Total Time: 245 min

Recipe from: <https://www.recipeschoose.com/recipes/neck-bones-mexican-recipe>

## Ingredients:

- 4 pounds pork neck bones
- 1 tablespoon apple cider vinegar
- 2 tablespoons vegetable oil
- 2 1/4 teaspoons coarse kosher salt
- 1 teaspoon freshly ground black pepper
- 2 teaspoons paprika
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon parsley flakes
- 1/4 cup cornstarch
- 1 large yellow onion chopped
- 2 cups water or chicken broth

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 9 grams
3. Fat: 4.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 910 milligrams
7. Sugar: 1 grams

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