

Chitterlings (Chitlins) History and

Yield: 6 min
Total Time: 240 min

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

Ingredients:

- 10 pounds chitterlings bucket fresh or frozen
- cold water to cover
- 1 cup cider vinegar
- 5 bay leaves
- 2 onions large, coarsely chopped
- 2 large potatoes peeled and coarsely chopped
- 1 red bell pepper or green, cored, seeded, and coarsely chopped
- 3 cloves garlic minced
- salt
- freshly ground black pepper
- hot pepper sauce

Nutrition:

1. Calories: 2120 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 545 milligrams
4. Fat: 159 grams
5. Fiber: 4 grams
6. Protein: 132 grams
7. SaturatedFat: 60 grams
8. Sodium: 660 milligrams
9. Sugar: 4 grams

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