

Spicy Skillet Turnip Greens

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/turnip-greens-south-indian-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 onion medium, cut into wedges
- 1 pound turnip greens cleaned and chopped
- 1/4 cup water
- 1 pinch brown sugar
- 1/8 teaspoon red pepper flakes adjust to preference

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 7 grams
3. Fat: 2.5 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. Sodium: 30 milligrams
7. Sugar: 2 grams

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