

Chinese Breadstick Twists (Dza Ma Hwa)

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-chinese-breadstick-recipe>

Ingredients:

- 2 cups all-purpose flour
- 1 tablespoon sugar
- 2 pinches salt
- 1 large egg
- 2/3 cup cold water divided
- oil for frying
- confectioner's sugar for dusting, optional

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 55 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 1 grams
8. Sodium: 170 milligrams
9. Sugar: 6 grams

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