

# Traditional Abalone

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/american-indian-abalone-recipe>

## Ingredients:

- 1/2 pound abalone without shell
- 1 1/2 cups Seasoned dry bread crumbs
- 2 eggs beaten
- 2 tablespoons milk
- 1 cup olive oil for frying
- 1/2 cup ketchup
- 1 tablespoon prepared horseradish
- 1 teaspoon lime juice
- fresh parsley chopped, for garnish, optional

## Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 155 milligrams
4. Fat: 59 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 9 grams
8. Sodium: 840 milligrams
9. Sugar: 10 grams

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