

Chinese Crullers/You Tiao

Yield: 20 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-you-tiao-recipe>

Ingredients:

- 400 grams all-purpose flour
- 1 cup water
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 3/4 teaspoon sea salt
- vegetable Peanut Oil, for deep-frying

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 16 grams
3. Fiber: 1 grams
4. Protein: 2 grams
5. Sodium: 190 milligrams

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