

How to Cook Frog Legs

Yield: 26 min
Total Time: 35 min

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

Ingredients:

- peanut oil for frying
- 2 1/2 pounds frog legs skinned, trimmed and cut in half
- 3 cups flour
- 1 egg
- 1/2 cup milk
- 1/2 cup cornmeal
- 1 tablespoon cajun spice
- salt to taste

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 10 milligrams
4. Fat: 1 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. Sodium: 35 milligrams

Thank you for visiting our website. Hope you enjoy How to Cook Frog Legs above. You can see more 16 frog recipe indian They're simply irresistible! to get more great cooking ideas.