

Frog Legs

Yield: 4 min
Total Time: 65 min

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

Ingredients:

- 2 frog legs pairs of
- 1/2 cup milk
- 2 tablespoons flour AP GF
- 1 tablespoon butter
- 1/2 teaspoon salt
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon parsley flakes
- 1/2 teaspoon paprika
- 1 teaspoon garlic chopped
- 1/2 cup merlot
- 1 tablespoon butter
- 2 tablespoons fresh parsley
- 1 tablespoon lemon juice

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 20 milligrams
4. Fat: 7 grams
5. Protein: 2 grams
6. SaturatedFat: 4 grams
7. Sodium: 360 milligrams
8. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Frog Legs above. You can see more 20 italian frog legs recipe Try these culinary delights! to get more great cooking ideas.