

Sweetbreads

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/jim-lee-s-chinese-sweetbreads-recipe>

Ingredients:

- 1 pound sweetbreads beef
- 1/2 cup all purpose flour
- 1 cup oil for frying
- salt
- pepper

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 14 grams
3. Fat: 56 grams
4. Fiber: 1 grams
5. Protein: 2 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 200 milligrams

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