

# Parmesan-crumbed Lamb's Brains

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-ideas-for-halloween-using-a-brain-mold>

## Ingredients:

- 6 brains lamb's
- salt
- 3 peppercorns
- parsley some, stalks
- 1/2 lemon or a dash of vinegar
- flour for dusting
- 1 egg beaten
- 1/3 cup breadcrumbs
- 1/3 cup Parmesan grated
- 1 tablespoon butter
- 1 tablespoon olive oil

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 65 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 4 grams
8. Sodium: 430 milligrams
9. Sugar: 1 grams

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