

Southern Fried Frog Legs

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 12 frog 's legs
- 2 eggs
- 1 lemon juice
- 2 parsley sprigs chopped
- dried breadcrumbs fine
- salt to taste
- pepper to taste
- oil

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 105 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 300 milligrams
9. Sugar: 1 grams

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