

Fried Dried Shrimp with Rape Flowers

Yield: 2 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-rape-recipe>

Ingredients:

- 2/3 pound rape flowers
- 1 1/4 cups dried shrimp
- 3/4 ounce shiitake mushroom
- 2 1/4 tablespoons bamboo shoots winter
- 1 5/8 tablespoons scallions
- 1 2/3 tablespoons ginger slices
- 1 1/8 tablespoons green onions
- 1/2 tablespoon ginger
- 1 teaspoon salt
- 1 teaspoon chicken powder
- cooking wine a little
- 1 teaspoon sesame oil
- 2 tablespoons vegetable oil
- chili oil

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 5 milligrams
4. Fat: 26 grams
5. Fiber: 5 grams
6. Protein: 6 grams
7. SaturatedFat: 2 grams
8. Sodium: 1230 milligrams
9. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Fried Dried Shrimp with Rape Flowers above. You can see more 18 southern rape recipe Experience culinary bliss now! to get more great cooking ideas.