

Crispy Fried Frog Legs

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-frog-leg-recipe>

Ingredients:

- 8 frog legs
- 1 egg
- 1/2 teaspoon Tabasco Sauce
- 1/2 cup bread crumbs
- frying oil
- salt
- pepper

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 55 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 310 milligrams
9. Sugar: 1 grams

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