

Adobong Pusit

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chilli-squid-recipe-indian-style>

Ingredients:

- 1 kilogram squid small fresh, cleaned, keep the ink
- 1 onion diced
- 1/2 cup soy sauce
- 1/2 cup vinegar
- 1 cup water
- 8 cloves garlic minced
- 1 teaspoon sugar
- 6 chillies pcs finger
- salt
- ground black pepper freshly
- oil

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 520 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 38 grams
7. Sodium: 1870 milligrams
8. Sugar: 3 grams

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