

DINNER

Everglades Frog's Legs

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
15 min	10 min	5 min	2	\$2.73	467 kcal



Need a dairy free main course? Everglades Frog's Legs could be an excellent recipe to try. For \$2.73 per serving, this recipe covers 18% of your daily requirements of vitamins and minerals. One portion of this dish contains roughly 26g of protein, 18g of fat, and a total of 467 calories. This recipe...

Ingredients

- ☐ ½ cup Italian breadcrumbs
- ☐ ½ pound skinned pig frog's legs
- ☐ ½ cup olive oil
- ☐ 2 servings Vegetable oil, for frying
- ☐ ½ cup cornmeal
- ☐ ½ teaspoon garlic powder
- ☐ 1 teaspoon pepper

EQUIPMENT Deep fryer

Method

- 1 Heat the oil in a deep fryer to 350 degrees F.
- 2 Blend the pepper and garlic powder into the olive oil. Pat the frog's legs dry of moisture and dip into the pepper-garlic oil.
- 3 Mix the breadcrumbs and cornmeal together and coat the frog's legs. Deep fry until golden brown, about 5 minutes.

Nutrition per serving

467	26 g	18 g	50 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.8 g · 17% of daily needs
Fibre			5.3 g · 21% of daily needs
Sugar			2.3 g · 3% of daily needs
Sodium			266 mg · 12% of daily needs
Cholesterol			56.7 mg · 19% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/everglades-frogs-legs-148444