

Chinese Tea Egg

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-chinese-tea-egg-recipe>

Ingredients:

- 8 large eggs
- 1/4 cup soy sauce
- 2 tablespoons black tea leaves or 2 black tea bags
- 1 star anise
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 2 cups water

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 425 milligrams
4. Fat: 10 grams
5. Protein: 14 grams
6. SaturatedFat: 3 grams
7. Sodium: 1340 milligrams
8. Sugar: 2 grams

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