

Dutch East Chicken Wings and Rice

Yield: 6 min
Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/best-east-chicken-recipe>

Ingredients:

- 3 1/2 pounds chicken wings tips on
- 28 ounces tomato sauce
- 32 1/4 ounces tomato soup
- 2 teaspoons ground cloves
- 2 cloves garlic crushed
- 8 bay leaves
- 1 teaspoon cayenne pepper
- salt
- pepper
- 2 cups long grain rice rinsed and drained
- 4 cups water
- 1 teaspoon cloves
- 1 1/2 teaspoons salt
- 2 teaspoons ground turmeric
- 1/3 cup slivered almonds
- 1/3 cup golden raisins

Nutrition:

1. Calories: 1040 calories
2. Carbohydrate: 88 grams
3. Cholesterol: 205 milligrams
4. Fat: 50 grams
5. Fiber: 8 grams
6. Protein: 58 grams
7. SaturatedFat: 12 grams
8. Sodium: 1880 milligrams
9. Sugar: 22 grams

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