

Braised Chicken Feet

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1 1/8 pounds chicken feet
- 2/3 teaspoon salt
- 1 7/16 tablespoons sugar
- 1 tablespoon bean sauce spicy
- 1 tablespoon ABC Kecap Manis
- 1 tablespoon cooking wine
- 1/2 tablespoon honey
- 2 1/2 tablespoons water
- 1 3/8 tablespoons corn starch
- 5 1/8 tablespoons vegetable oil
- 1 teaspoon 5-spice powder
- maltose
- chillies optional

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 12 grams
3. Fat: 18 grams
4. SaturatedFat: 1.5 grams
5. Sodium: 480 milligrams
6. Sugar: 8 grams
7. TransFat: 0.5 grams

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