

Chinese Five-Spice Blend

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-5-spice-blend-recipe>

Ingredients:

- 2 whole star anise
- 2 teaspoons Szechuan peppercorns or generic peppercorns
- 1 teaspoon cloves
- 1 teaspoon fennel
- 1 teaspoon coriander seed optional
- 1 cassia or cinnamon stick, broken into a few pieces

Nutrition:

1. Calories: 25 calories
2. Carbohydrate: 6 grams
3. Fat: 1 grams
4. Fiber: 3 grams
5. Protein: 1 grams
6. Sodium: 5 milligrams

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