

# Chinese Boiled Peanuts

Yield: 8 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/make-chinese-boiled-peanuts-recipe>

## Ingredients:

- 1 pound peanuts also called green peanuts
- 3 cloves garlic peeled
- 3 star anise
- 3 cinnamon sticks
- 3 tablespoons sea salt or kosher

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 10 grams
3. Fat: 28 grams
4. Fiber: 5 grams
5. Protein: 15 grams
6. SaturatedFat: 4 grams
7. Sodium: 2660 milligrams
8. Sugar: 2 grams

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