

Chinese Five Spice Chicken

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 500 grams chicken wings
- 5 hard boiled eggs peeled
- 1 tablespoon 5-spice powder rounded tablespoon
- 2 cloves garlic smashed and minced
- 3 tablespoons sugar
- 1 teaspoon salt
- 2 teaspoons light soy sauce
- 2 teaspoons black soy sauce
- 3 cups water
- olive oil as needed
- 1 package bean curd this is tofu, amount is up to you, cut in 1 inch peices, optional

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 415 milligrams
4. Fat: 36 grams
5. Fiber: 1 grams
6. Protein: 36 grams
7. SaturatedFat: 9 grams
8. Sodium: 1220 milligrams
9. Sugar: 12 grams

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