

How To Make Chinese Marbled Tea Eggs

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-marbled-tea-eggs-recipe>

Ingredients:

- 6 large eggs
- 3 bags black tea like Assam or Ceylon
- 1/4 cup soy sauce or tamari
- 1 piece canela
- 2 whole star anise
- 3 whole cloves optional
- 1 teaspoon peppercorns optional
- 1/4 teaspoon fennel seeds optional
- 1 tablespoon sugar optional

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 210 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 670 milligrams
9. Sugar: 3 grams

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