

# Chinese Edamame

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-star-anise-edamame-recipe>

## Ingredients:

- 1 pound edamame either fresh or frozen
- water to cover
- 3 teaspoons salt to taste
- 2 star anises
- 1/4 teaspoon Sichuan peppercorn
- 2 chili pepper
- 1/2 tablespoon light soy sauce optional for a stronger taste

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 6 grams
6. Protein: 13 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1980 milligrams
9. Sugar: 2 grams

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