

Tea Leaf Eggs

Yield: 12 min
Total Time: 135 min

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

Ingredients:

- 12 eggs
- 4 cups water
- 6 tablespoons low sodium soy sauce
- 3 tablespoons tea Chinese pu-erh, leaf
- 1 cinnamon stick
- 1 star anise
- 3 cloves
- 1/2 teaspoon Chinese five spice powder
- 1 teaspoon sugar

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 210 milligrams
4. Fat: 5 grams
5. Protein: 7 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 340 milligrams
8. Sugar: 1 grams

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