

Chinese Tea Leaf Eggs

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 8 eggs
- 3 tablespoons Kikkoman Soy Sauce
- 2 star anise
- 1 1/2 tablespoons anise seed
- 1 cinnamon stick
- 2 tablespoons black tea leaves
- 2 teaspoons sugar
- 1 teaspoon salt
- 2 cups water cold
- 1 tablespoon orange zest optional

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 425 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 3 grams
8. Sodium: 1410 milligrams
9. Sugar: 3 grams

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