

# Slow Cooker Chicken Udon Noodle Soup

Yield: 4 min  
Total Time: 500 min

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

## Ingredients:

- 3 cloves garlic peeled
- 2 inches ginger sliced
- 3 whole star anise
- 1 stick cinnamon
- 1 teaspoon whole peppercorns Sichuan or black
- 1 teaspoon Chinese five-spice
- 1 red chile pepper halved lengthwise
- 1 cup Chinese rice wine
- 1/3 cup soy sauce
- 1/2 cup oyster sauce
- 1 bunch cilantro stems only
- 2 liters water
- 1 whole chicken breast
- 14 ounces bok choy thinly sliced
- 16 ounces udon noodles
- red chile peppers fresh chopped
- fresh cilantro

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 101 grams
3. Cholesterol: 35 milligrams
4. Fat: 3 grams
5. Fiber: 9 grams
6. Protein: 29 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 4430 milligrams

9. Sugar: 2 grams

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