

# Chinese Five Spice Mix

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-5-spice-mix>

## Ingredients:

- 5 teaspoons Sichuan pepper Huajiao
- 5 teaspoons star anise
- 6 teaspoons fennel seeds
- 2 1/2 teaspoons cloves
- 2 1/2 teaspoons cassia Rougui

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 11 grams
3. Fat: 2.5 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. Sodium: 10 milligrams

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