

Three Cup Chicken (San Bei Ji)

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 2 1/2 pounds chicken party wings
- 2 tablespoons oil
- 3 tablespoons sesame oil divided
- 5 slices fresh ginger
- 10 cloves garlic sliced in half
- 5 dried red chili optional
- 1/2 cup Shaoxing wine Chinese rice wine
- 3 tablespoons soy sauce
- 1 1/2 tablespoons dark soy sauce
- 2 tablespoons sugar
- 2 cups Thai basil loosely packed

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 185 milligrams
4. Fat: 26 grams
5. Fiber: 1 grams
6. Protein: 59 grams
7. SaturatedFat: 5 grams
8. Sodium: 1230 milligrams
9. Sugar: 7 grams

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