

# Boiled Peanut

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-boiled-peanut-recipe>

## Ingredients:

- 1 pound peanuts fresh green
- 2 tablespoons dark brown sugar
- 2 tablespoons kosher salt
- 1 teaspoon five spice powder
- 2 whole star anise
- 1 clove garlic mashed
- 2 Thai chilies sliced in half lengthwise
- 3 cups water

## Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 26 grams
3. Fat: 56 grams
4. Fiber: 11 grams
5. Protein: 30 grams
6. SaturatedFat: 8 grams
7. Sodium: 3620 milligrams
8. Sugar: 11 grams

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