

Chinese Tea Eggs

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 8 eggs
- 4 cups water
- 2 tea bags black
- 2 tablespoons tea loose leaf Chinese, I used tie kwan yin but if you don't have it use Black tea or Pu'reh leaves
- 1 dried mandarin peel
- 1 cinnamon stick
- 2 star anise
- 2 tablespoons light soy sauce
- 2 tablespoons dark soy sauce
- 1 tablespoon sugar
- 1 teaspoon salt

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 425 milligrams
4. Fat: 10 grams
5. Protein: 14 grams
6. SaturatedFat: 3 grams
7. Sodium: 1640 milligrams
8. Sugar: 4 grams

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