

# Japanese Black Sesame Paste

Yield: 6 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-black-sesame-paste-recipe>

## Ingredients:

- 1/2 cup black sesame seeds whole
- 4 tablespoons honey

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 14 grams
3. Fat: 6 grams
4. Fiber: 1 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sugar: 12 grams

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