

Zakkoku Mai—Japanese Rice With Mixed Grains

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-wheat-cake-roll-recipe>

Ingredients:

- 2 tablespoons poppyseeds
- 2 tablespoons black sesame seeds
- 2 tablespoons quinoa
- 2 tablespoons flaxseed
- 2 tablespoons rolled oats
- 2 tablespoons bulgur wheat

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 12 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams

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