

Black Sesame Soup

Yield: 5 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-sweet-black-sesame-soup>

Ingredients:

- 1 cup long grain rice
- 1 cup black sesame seeds
- 7 cups water
- 6 ounces chinese rock sugar or 1 cup granulated sugar
- boiling water Additional, as needed

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 36 grams
3. Fat: 15 grams
4. Fiber: 4 grams
5. Protein: 8 grams
6. SaturatedFat: 2 grams
7. Sodium: 25 milligrams

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