



Black Sesame Trixy Stix

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



20

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons sesame seeds black
- 0.3 cup granulated sugar
- 1 teaspoon roasted peanuts salted (4 peanuts)

Equipment

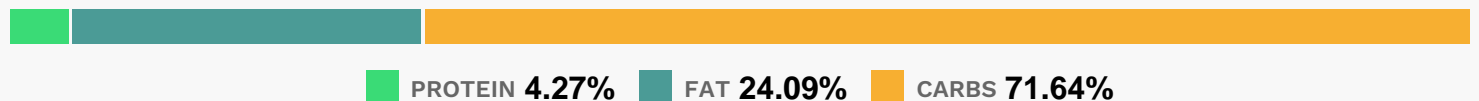
- bowl
- frying pan
- sieve
- toothpicks

- funnel
- drinking straws

Directions

- Toast the sesame seeds in a small frying pan over medium heat, shaking the pan occasionally until the seeds are fragrant, about 4 minutes.
- Remove the pan from the heat and let the seeds cool to room temperature.
- Transfer the sesame seeds to a clean coffee or spice grinder, add the peanuts, and grind into a fine powder.
- Add the sugar and pulse until combined. Set a fine-mesh strainer over a medium bowl.
- Pour the sugar mixture into the strainer and sift it into the bowl, pressing against the powder with the back of a spoon to force it through the mesh. Return any larger bits left in the strainer to the grinder and process into a fine powder. Sift again and repeat with the grinding and sifting as needed until all of the sugar mixture is processed (you may have a few solids left to be discarded).
- Place a sheet of paper on a work surface. Have about 20 (8-inch) paper straws and a toothpick ready. Make a small funnel out of another piece of paper. (Make sure the tip fits into the end of the straws.) Alternatively, use a No. 16 Open Star or No. 5 Round piping tip. Fold up one end of a straw 1/4 inch. Fit the point of the funnel or piping tip into the open end of the straw. Holding the funnel or piping tip in place and working over the sheet of paper, spoon in about 1 1/4 teaspoons of the sugar mixture. Use the pointed end of the toothpick to poke the sugar mixture into the straw.
- Remove the funnel or piping tip and fold the open end of the straw down 1/4 inch to close. Repeat with the remaining straws and sugar.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:2.36, Inflammation Score:-1, Nutrition Score:0.39739130380685%

Nutrients (% of daily need)

Calories: 18.86kcal (0.94%), Fat: 0.53g (0.82%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 3.43g (1.25%), Sugar: 3.33g (3.7%), Cholesterol: 0mg (0%), Sodium: 1.2mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Copper: 0.03mg (1.73%), Manganese: 0.03mg (1.29%)