



# Nutrition Facts

## Hulled Sesame Seed

Size: **100 Grams** (Note, this is a standardized measurement to help you determine the nutritional impact that this ingredient has in your completed product. **This is not a single serving size.**)

Water Content	(Grams)	3.75
Food Energy	(Calories)	631
Protein	(Grams)	20.45
Fat	(Grams)	61.21
Saturated Fat	(Grams)	9.055
Monounsaturated Fat	(Grams)	23.924
Polyunsaturated fat	(Grams)	25.491
Total Carbohydrate	(Grams)	11.73
Fiber	(Grams)	11.6
Sugars Total	(Grams)	0.48
Ash	(Grams)	2.86
Calcium	(Mg)	60
Phosphorus	(Mg)	667
Sodium	(Mg)	47
Potassium	(Mg)	370
Iron	(Mg)	6.36
Thiamine (Vitamin B1)	(Mg)	0.699
Riboflavin (Vitamin B2)	(Mg)	0.090
Niacin	(Mg)	5.80
Ascorbic Acid (Vitamin C)	(Mg)	0
Vitamin A Activity	(Int'l Units)	66
Trans Fatty Acids	(Grams)	0
Cholesterol	(Mg)	0

Data Source: U.S.D.A. Nutrient Database

All Values Are Proximate Composition Of Sampled Goods. Values May Change With The Quality And Origin Of The Actual Goods Supplied. We At Bakers Elements, Provide This Information Without Warrantee And Assume No Responsibility For The Accuracy Or Integrity Of The Information Provided Or It's Source As Listed Above. 03/28/2009