

Nutrition Facts

Natural 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)	4.69
Food Energy	(Calories)	573
Protein	(Grams)	17.73
Fat	(Grams)	49.67
Total Carbohydrate	(Grams)	23.45
Fiber	(Grams)	11.8
Sugars Total	(Grams)	0.30
Ash	(Grams)	4.45
Calcium	(Mg)	975
Phosphorus	(Mg)	629
Sodium	(Mg)	11
Potassium	(Mg)	468
Iron	(Mg)	14.55
Thiamine (Vitamin B1)	(Mg)	0.791
Riboflavin (Vitamin B2)	(Mg)	0.247
Niacin	(Mg)	4.515
Ascorbic Acid (Vitamin C)	(Mg)	0
Vitamin A Activity	(Int'l Units)	9.0
Trans Fatty Acid	(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. 03/31/2009