

Nutrition Facts

Toasted 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)	5.00
Food Energy	(Calories)	567
Protein	(Grams)	16.96
Fat	(Grams)	48.00
Saturated Fat	(Grams)	6.722
Total Carbohydrate	(Grams)	26.04
Fiber	(Grams)	16.9
Ash	(Grams)	4.00
Calcium	(Mg)	131
Phosphorus	(Mg)	774
Sodium	(Mg)	39
Potassium	(Mg)	406
Iron	(Mg)	7.78
Thiamine (Vitamin B1)	(Mg)	1.205
Riboflavin (Vitamin B2)	(Mg)	0.466
Niacin	(Mg)	5.438
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. 06/12/2008