

**PRODUCT NUTRITION**

**SESAME SEED**

**Dried (Decorticated)**

**100g**

Nutrient	Units	Value per 100 grams
<b>Proximates</b>		
Water	g	3.75
Energy	kcal	631
Energy	kJ	2640
Protein	g	20.45
Total lipid (fat)	g	61.21
Ash	g	2.86
Carbohydrate, by difference	g	11.73
Fiber, total dietary	g	11.6
Sugars, total	g	0.48
Sucrose	g	0.31
Glucose (dextrose)	g	0.1
Fructose	g	0.07
Lactose	g	0
Maltose	g	0
Galactose	g	0
<b>Minerals</b>		
Calcium, Ca	mg	60
Iron, Fe	mg	6.36
Magnesium, Mg	mg	345
Phosphorus, P	mg	667
Potassium, K	mg	370
Sodium, Na	mg	47
Zinc, Zn	mg	6.73
Copper, Cu	mg	1.4
Manganese, Mn	mg	1.44
Selenium, Se	mcg	34.4
<b>Vitamins</b>		

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Vitamin C, total ascorbic acid	mg	0
Thiamin	mg	0.699
Riboflavin	mg	0.09
Niacin	mg	5.8
Pantothenic acid	mg	0.29
Vitamin B-6	mg	0.4
Folate, total	mcg	115
Folic acid	mcg	0
Folate, food	mcg	115
Folate, DFE	mcg_DFE	115
Choline, total	mg	25.6
Betaine	mg	0.4
Vitamin B-12	mcg	0
Vitamin B-12, added	mcg	0
Vitamin A, RAE	mcg_RAE	3
Retinol	mcg	0
Carotene, beta	mcg	40
Carotene, alpha	mcg	0
Cryptoxanthin, beta	mcg	0
Vitamin A, IU	IU	66
Lycopene	mcg	0
Lutein + zeaxanthin	mcg	0
Vitamin E (alpha-tocopherol)	mg	1.68
Vitamin E, added	mg	0
Tocopherol, beta	mg	0
Tocopherol, gamma	mg	0
Tocopherol, delta	mg	0
Vitamin D (D2 + D3)	mcg	0
Vitamin D	IU	0
Vitamin K (phylloquinone)	mcg	0
<b>Lipids</b>		
Fatty acids, total saturated	g	9.055
4:00	g	0
6:00	g	0
8:00	g	0

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10:00	g	0
12:00	g	0
13:00	g	0
14:00	g	0
16:00	g	5.273
18:00	g	3.311
20:00	g	0.347
22:00	g	0.071
24:00:00	g	0.053
Fatty acids, total monounsaturated	g	23.924
16:1 undifferentiated	g	0.105
18:1 undifferentiated	g	23.595
18:1 t	g	0
20:01	g	0.124
22:1 undifferentiated	g	0.065
24:1 c	g	0.035
Fatty acids, total polyunsaturated	g	25.491
18:2 undifferentiated	g	25.227
18:3 undifferentiated	g	0.263
18:04	g	0
20:2 n-6 c,c	g	0
20:4 undifferentiated	g	0
20:5 n-3 (EPA)	g	0
22:5 n-3 (DPA)	g	0
22:6 n-3 (DHA)	g	0
Fatty acids, total trans	g	0
Fatty acids, total trans-monoenoic	g	0
Cholesterol	mg	0
<b>Amino acids</b>		
Tryptophan	g	0.33
Threonine	g	0.73
Isoleucine	g	0.75
Leucine	g	1.5
Lysine	g	0.65

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Methionine	g	0.88
Cystine	g	0.44
Phenylalanine	g	0.94
Tyrosine	g	0.79
Valine	g	0.98
Arginine	g	3.25
Histidine	g	0.55
Alanine	g	0.99
Aspartic acid	g	2.07
Glutamic acid	g	4.6
Glycine	g	1.09
Proline	g	1.04
Serine	g	1.2
Hydroxyproline	g	0
<b>Other</b>		
Alcohol, ethyl	g	0
Caffeine	mg	0
Theobromine	mg	0

Data Source:

U.S. Department of Agricultural, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23.