

PRODUCT NUTRITION

SESAME SEEDS

Whole and Dried

100g

Nutrient	Units	Value per 100 grams
Proximates		
Water	g	4.69
Energy	kcal	573
Energy	kJ	2397
Protein	g	17.73
Total lipid (fat)	g	49.67
Ash	g	4.45
Carbohydrate, by difference	g	23.45
Fiber, total dietary	g	11.8
Sugars, total	g	0.30
Minerals		
Calcium, Ca	mg	975
Iron, Fe	mg	14.55
Magnesium, Mg	mg	351
Phosphorus, P	mg	629
Potassium, K	mg	468
Sodium, Na	mg	11
Zinc, Zn	mg	7.75
Copper, Cu	mg	4.082
Manganese, Mn	mg	2.460
Selenium, Se	mcg	34.4
Vitamins		
Vitamin C, total ascorbic acid	mg	0.0
Thiamin	mg	0.791
Riboflavin	mg	0.247
Niacin	mg	4.515
Pantothenic acid	mg	0.050
Vitamin B-6	mg	0.790
Folate, total	mcg	97
Folic acid	mcg	0
Folate, food	mcg	97
Folate, DFE	mcg_DFE	97
Choline, total	mg	25.6
Vitamin B-12	mcg	0.00

Vitamin B-12, added	mcg	0.00
Vitamin A, RAE	mcg_RAE	0
Retinol	mcg	0
Carotene, beta	mcg	5
Carotene, alpha	mcg	0
Cryptoxanthin, beta	mcg	0
Vitamin A, IU	IU	9
Lycopene	mcg	0
Lutein + zeaxanthin	mcg	0
Vitamin E (alpha-tocopherol)	mg	0.25
Vitamin E, added	mg	0.00
Vitamin D (D2 + D3)	mcg	0.0
Vitamin D	IU	0
Vitamin K (phylloquinone)	mcg	0.0
Lipids		
Fatty acids, total saturated	g	6.957
4:0	g	0.000
6:0	g	0.000
8:0	g	0.000
10:0	g	0.000
12:0	g	0.000
14:0	g	0.124
16:0	g	4.441
18:0	g	2.090
Fatty acids, total monounsaturated	g	18.759
16:1 undifferentiated	g	0.149
18:1 undifferentiated	g	18.521
20:1	g	0.070
22:1 undifferentiated	g	0.000
Fatty acids, total polyunsaturated	g	21.773
18:2 undifferentiated	g	21.375
18:3 undifferentiated	g	0.376
18:4	g	0.000
20:4 undifferentiated	g	0.000
20:5 n-3 (EPA)	g	0.000
22:5 n-3 (DPA)	g	0.000
22:6 n-3 (DHA)	g	0.000
Cholesterol	mg	0
Phytosterols	mg	714
Amino acids		
Tryptophan	g	0.388
Threonine	g	0.736
Isoleucine	g	0.763
Leucine	g	1.358
Lysine	g	0.569
Methionine	g	0.586
Cystine	g	0.358
Phenylalanine	g	0.940
Tyrosine	g	0.743
Valine	g	0.990
Arginine	g	2.630

Product Specifications: Sesame Seeds, whole and dried
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Histidine	g	0.522
Alanine	g	0.927
Aspartic acid	g	1.646
Glutamic acid	g	3.955
Glycine	g	1.215
Proline	g	0.810
Serine	g	0.967
Other		
Alcohol, ethyl	g	0.0
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.