

Basic Report 12171, Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)

Report Date: January 28, 2015 19:14 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 tbsp 14g	1 oz 28.35g
Proximates				
Water	g	3.00	0.42	0.85
Energy	kcal	607	85	172
Protein	g	17.95	2.51	5.09
Total lipid (fat)	g	56.44	7.90	16.00
Carbohydrate, by difference	g	17.89	2.50	5.07
Fiber, total dietary	g	9.3	1.3	2.6
Minerals				
Calcium, Ca	mg	141	20	40
Iron, Fe	mg	6.35	0.89	1.80
Magnesium, Mg	mg	353	49	100
Phosphorus, P	mg	790	111	224
Potassium, K	mg	459	64	130
Sodium, Na	mg	1	0	0
Zinc, Zn	mg	10.45	1.46	2.96
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	1.587	0.222	0.450
Riboflavin	mg	0.120	0.017	0.034
Niacin	mg	5.644	0.790	1.600
Vitamin B-6	mg	0.149	0.021	0.042
Folate, DFE	µg	98	14	28
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	0	1
Vitamin A, IU	IU	67	9	19
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

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Lipids				
Fatty acids, total saturated	g	7.904	1.107	2.241
Fatty acids, total monounsaturated	g	21.313	2.984	6.042
Fatty acids, total polyunsaturated	g	24.737	3.463	7.013
Cholesterol	mg	0	0	0