

## Basic Report 12023, Seeds, sesame seeds, whole, dried

Report Date: August 24, 2019 12:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 144g	1 tbsp 9g
<b>Proximates</b>				
Water	g	4.69	6.75	0.42
Energy	kcal	573	825	52
Protein	g	17.73	25.53	1.60
Total lipid (fat)	g	49.67	71.52	4.47
Carbohydrate, by difference	g	23.45	33.77	2.11
Fiber, total dietary	g	11.8	17.0	1.1
Sugars, total	g	0.30	0.43	0.03
<b>Minerals</b>				
Calcium, Ca	mg	975	1404	88
Iron, Fe	mg	14.55	20.95	1.31
Magnesium, Mg	mg	351	505	32
Phosphorus, P	mg	629	906	57
Potassium, K	mg	468	674	42
Sodium, Na	mg	11	16	1
Zinc, Zn	mg	7.75	11.16	0.70
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.791	1.139	0.071
Riboflavin	mg	0.247	0.356	0.022
Niacin	mg	4.515	6.502	0.406
Vitamin B-6	mg	0.790	1.138	0.071
Folate, DFE	µg	97	140	9
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	9	13	1
Vitamin E (alpha-tocopherol)	mg	0.25	0.36	0.02

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	6.957	10.018	0.626
Fatty acids, total monounsaturated	g	18.759	27.013	1.688
Fatty acids, total polyunsaturated	g	21.773	31.353	1.960
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0