

## Basic Report 12034, Seeds, sesame meal, partially defatted

Report Date: November 22, 2017 22:32 EST

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 oz<br>28.35g |
|--------------------------------|------|------------------------|----------------|
| <b>Proximates</b>              |      |                        |                |
| Water                          | g    | 5.00                   | 1.42           |
| Energy                         | kcal | 567                    | 161            |
| Protein                        | g    | 16.96                  | 4.81           |
| Total lipid (fat)              | g    | 48.00                  | 13.61          |
| Carbohydrate, by difference    | g    | 26.04                  | 7.38           |
| <b>Minerals</b>                |      |                        |                |
| Calcium, Ca                    | mg   | 153                    | 43             |
| Iron, Fe                       | mg   | 14.55                  | 4.12           |
| Magnesium, Mg                  | mg   | 346                    | 98             |
| Phosphorus, P                  | mg   | 774                    | 219            |
| Potassium, K                   | mg   | 406                    | 115            |
| Sodium, Na                     | mg   | 39                     | 11             |
| Zinc, Zn                       | mg   | 10.23                  | 2.90           |
| <b>Vitamins</b>                |      |                        |                |
| Vitamin C, total ascorbic acid | mg   | 0.0                    | 0.0            |
| Thiamin                        | mg   | 2.573                  | 0.729          |
| Riboflavin                     | mg   | 0.275                  | 0.078          |
| Niacin                         | mg   | 12.816                 | 3.633          |
| Vitamin B-6                    | mg   | 0.146                  | 0.041          |
| Folate, DFE                    | µg   | 30                     | 9              |
| Vitamin B-12                   | µg   | 0.00                   | 0.00           |
| Vitamin A, RAE                 | µg   | 3                      | 1              |
| Vitamin A, IU                  | IU   | 66                     | 19             |
| Vitamin D (D2 + D3)            | µg   | 0.0                    | 0.0            |
| Vitamin D                      | IU   | 0                      | 0              |
| <b>Lipids</b>                  |      |                        |                |

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|------------------------------------|-------------|---------------------------------|------------------------|
| Fatty acids, total saturated       | g           | 6.722                           | 1.906                  |
| Fatty acids, total monounsaturated | g           | 18.127                          | 5.139                  |
| Fatty acids, total polyunsaturated | g           | 21.039                          | 5.965                  |
| Cholesterol                        | mg          | 0                               | 0                      |

**Amino Acids**

**Other**