

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

Report Date: February 21, 2018 04:33 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 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>			

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 oz 28.35g</b>
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
<b>Amino Acids</b>			
<b>Other</b>			