

Basic Report 12034, Seeds, sesame meal, partially defatted

Report Date: May 29, 2017 03:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
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
Minerals			
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
Vitamins			
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

Lipids

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
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			