

Full Report (All Nutrients) 12034, Seeds, sesame meal, partially defatted

Report Date: June 22, 2017 20:06 EDT

Nutrient values and weights are for edible portion.

Food Group : Nut and Seed Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz. 28.35g
Proximates					
Water	g	5.00	1	--	1.42
Energy	kcal	567	--	--	161
Energy	kJ	2372	--	--	672
Protein	g	16.96	1	--	4.81
Total lipid (fat)	g	48.00	1	--	13.61
Ash	g	4.00	1	--	1.13
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
Copper, Cu	mg	1.457	--	--	0.413
Manganese, Mn	mg	1.427	--	--	0.405
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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz. 28.35g
Pantothenic acid	mg	2.807	--	--	0.796
Vitamin B-6	mg	0.146	--	--	0.041
Folate, total	µg	30	--	--	9
Folic acid	µg	0	--	--	0
Folate, food	µg	30	--	--	9
Folate, DFE	µg	30	--	--	9
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	3	--	--	1
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	66	--	--	19
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	6.722	--	--	1.906
14:0	g	0.120	--	--	0.034
16:0	g	4.292	--	--	1.217
18:0	g	2.019	--	--	0.572
Fatty acids, total monounsaturated	g	18.127	--	--	5.139
16:1 undifferentiated	g	0.144	--	--	0.041
18:1 undifferentiated	g	17.897	--	--	5.074
20:1	g	0.067	--	--	0.019
Fatty acids, total polyunsaturated	g	21.039	--	--	5.965
18:2 undifferentiated	g	20.654	--	--	5.855
18:3 undifferentiated	g	0.363	--	--	0.103
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.371	--	--	0.105
Threonine	g	0.704	--	--	0.200
Isoleucine	g	0.730	--	--	0.207
Leucine	g	1.299	--	--	0.368
Lysine	g	0.544	--	--	0.154
Methionine	g	0.560	--	--	0.159
Cystine	g	0.342	--	--	0.097

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Phenylalanine	g	0.899	--	--	0.255
Tyrosine	g	0.710	--	--	0.201
Valine	g	0.947	--	--	0.268
Arginine	g	2.515	--	--	0.713
Histidine	g	0.499	--	--	0.141
Alanine	g	0.886	--	--	0.251
Aspartic acid	g	1.574	--	--	0.446
Glutamic acid	g	3.782	--	--	1.072
Glycine	g	1.162	--	--	0.329
Proline	g	0.774	--	--	0.219
Serine	g	0.925	--	--	0.262
Other					