

Basic Report 12166, Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)

Report Date: July 17, 2019 23:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 15g	1 oz 28.35g
Proximates				
Water	g	3.05	0.46	0.86
Energy	kcal	595	89	169
Protein	g	17.00	2.55	4.82
Total lipid (fat)	g	53.76	8.06	15.24
Carbohydrate, by difference	g	21.19	3.18	6.01
Fiber, total dietary	g	9.3	1.4	2.6
Sugars, total	g	0.49	0.07	0.14
Minerals				
Calcium, Ca	mg	426	64	121
Iron, Fe	mg	8.95	1.34	2.54
Magnesium, Mg	mg	95	14	27
Phosphorus, P	mg	732	110	208
Potassium, K	mg	414	62	117
Sodium, Na	mg	115	17	33
Zinc, Zn	mg	4.62	0.69	1.31
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	1.220	0.183	0.346
Riboflavin	mg	0.473	0.071	0.134
Niacin	mg	5.450	0.818	1.545
Vitamin B-6	mg	0.149	0.022	0.042
Folate, DFE	µg	98	15	28
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	0	1
Vitamin A, IU	IU	67	10	19
Vitamin E (alpha-tocopherol)	mg	0.25	0.04	0.07

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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
Lipids				
Fatty acids, total saturated	g	7.529	1.129	2.134
Fatty acids, total monounsaturated	g	20.302	3.045	5.756
Fatty acids, total polyunsaturated	g	23.564	3.535	6.680
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0