

Basic Report 19820, Snacks, sesame sticks, wheat-based, unsalted

Report Date: June 25, 2017 15:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	2.0 oz 57g
Proximates				
Water	g	2.00	0.57	1.14
Energy	kcal	541	153	308
Protein	g	10.90	3.09	6.21
Total lipid (fat)	g	36.70	10.40	20.92
Carbohydrate, by difference	g	46.50	13.18	26.50
Minerals				
Calcium, Ca	mg	170	48	97
Iron, Fe	mg	0.74	0.21	0.42
Magnesium, Mg	mg	45	13	26
Phosphorus, P	mg	138	39	79
Potassium, K	mg	177	50	101
Sodium, Na	mg	29	8	17
Zinc, Zn	mg	1.17	0.33	0.67
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.123	0.035	0.070
Riboflavin	mg	0.063	0.018	0.036
Niacin	mg	1.552	0.440	0.885
Vitamin B-6	mg	0.086	0.024	0.049
Folate, DFE	µg	22	6	13
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	4	1	2
Vitamin A, IU	IU	88	25	50
Lipids				
Fatty acids, total saturated	g	6.480	1.837	3.694
Fatty acids, total monounsaturated	g	10.910	3.093	6.219

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	2.0 oz 57g
Fatty acids, total polyunsaturated	g	17.420	4.939	9.929
Cholesterol	mg	0	0	0

Amino Acids

Other