

Full Report (All Nutrients) 12024, Seeds, sesame seeds, whole, roasted and toasted

Report Date: December 04, 2018 09:21 EST

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	3.30	2	--	0.94
Energy	kcal	565	--	--	160
Energy	kJ	2364	--	--	670
Protein	g	16.96	1	--	4.81
Total lipid (fat)	g	48.00	1	--	13.61
Ash	g	6.00	1	--	1.70
Carbohydrate, by difference	g	25.74	--	--	7.30
Fiber, total dietary	g	14.0	--	--	4.0
Minerals					
Calcium, Ca	mg	989	--	--	280
Iron, Fe	mg	14.76	--	--	4.18
Magnesium, Mg	mg	356	--	--	101
Phosphorus, P	mg	638	--	--	181
Potassium, K	mg	475	--	--	135
Sodium, Na	mg	11	--	--	3
Zinc, Zn	mg	7.16	1	--	2.03
Copper, Cu	mg	2.470	1	--	0.700
Manganese, Mn	mg	2.496	--	--	0.708
Selenium, Se	µg	34.4	--	--	9.8
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.803	--	--	0.228

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz. 28.35g
Riboflavin	mg	0.251	--	--	0.071
Niacin	mg	4.581	--	--	1.299
Pantothenic acid	mg	0.051	--	--	0.014
Vitamin B-6	mg	0.802	--	--	0.227
Folate, total	µg	98	--	--	28
Folic acid	µg	0	--	--	0
Folate, food	µg	98	--	--	28
Folate, DFE	µg	98	--	--	28
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	9	--	--	3
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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Methionine	g	0.560	--	--	0.159
Cystine	g	0.342	--	--	0.097
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

Langual Code(s)

- A0305 SEED OR SEED PRODUCT (US CFR)
- A1282 1200 NUT AND SEED PRODUCTS (USDA SR)
- B1226 SESAME
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0004 COOKED BY DRY HEAT
- H0138 WATER REMOVED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION