

Source: USDA National Nutrient Database for Standard Reference 27 Software v.2.0b

Basic Report

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Nutrient data for: 12024,Seeds, sesame seeds, whole, roasted and toasted

<u>Nutrient</u>	<u>0.5"oz"1</u> <u>4.18g</u>	<u>Unit</u>	<u>1Value</u> <u>per100g</u>
Proximates			
Water	0.47	g	3.3
Energy	80	kcal	565
Protein	2.4	g	16.96
Total lipid (fat)	6.8	g	48
Carbohydrate, by difference	3.65	g	25.74
Fiber, total dietary	2	g	14
Minerals			
Calcium, Ca	140	mg	989
Iron, Fe	2.09	mg	14.76
Magnesium, Mg	50	mg	356
Phosphorus, P	90	mg	638
Potassium, K	67	mg	475
Sodium, Na	2	mg	11
Zinc, Zn	1.01	mg	7.16
Vitamins			
Vitamin C, total ascorbic acid	0	mg	0
Thiamin	0.114	mg	0.803
Riboflavin	0.036	mg	0.251
Niacin	0.649	mg	4.581
Vitamin B-6	0.114	mg	0.802
Folate, DFE	14	Âµg	98
Vitamin B-12	0	Âµg	0
Vitamin A, RAE	0	Âµg	0
Vitamin A, IU	1	IU	9
Vitamin D (D2 + D3)	0	Âµg	0
Vitamin D	0	IU	0
Lipids			
Fatty acids, total saturated	0.953	g	6.722
Fatty acids, total monounsaturated	2.57	g	18.127
Fatty acids, total polyunsaturated	2.982	g	21.039
Cholesterol	0	mg	0