

Nutritional Analysis of Black Sesame Seeds

Physical Analysis		
Color	Black	
Quality	Premium	
Odor	Creamy and Nutty	
Taste	Original (Nutty)	
Nutritional Analysis		
NUTRIENT	PER 100 GRAMS DRY	8G (APP. 1 TBS)
Energy (Calories)	565.00	45.20
Total Fat	48.00 g	3.84 g
Saturated Fat	6.70 g	0.54 g
Monounsaturated Fat	18.10 g	1.45 g
Polyunsaturated Fat	21.00 g	1.68 g
Trans Fat	0.00 g	0.00 g
Total Omega - 3 fatty acids	363.00 mg	29.04 mg
Total Omega - 6 fatty acids	20657.00 mg	1652.56 mg
Total Carbohydrates	25.70 g	2.06 g
Dietary Fiber	14.00 g	1.12 g
Sugars	0.00 g	0.00 g
Protein	17.00 g	1.36 g
Cholesterol	0.00 g	0.00 g
Vitamin A	9.00 IU	0.72 IU
Vitamin E	0.25 mg	0.02 mg
Vitamin B6	0.80 mg	0.06 mg
Thiamin	0.80 mcg	0.06 mcg
Riboflavin	0.30 mg	0.02 mg
Folate	98.00 mcg	7.84 mcg
Naicin	4.60 mg	0.37 mg
Calcium	989.00 mg	79.12 mg
Iron	14.80 mg	1.18 mg
Magnesium	356.00 mg	28.48 mg
Phosphorus	638.00 mg	51.04 mg
Potassium	475.00 mg	38.00 mg
Sodium	11.00 mg	0.88 mg
Zinc	7.20 mg	0.58 mg



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