

Nutritional Information

Corporate: 100 Congress Street
 Quincy, MA 02169-0948
 USA No

Location: Bolingbrook IL

Issue Date : Nov-09-22 Brand : SESAME, INDIA HULLED
 Prepared By : pbaffoe Product : 91388 RM 50

NUTRIENT	UOM	PER 30 g	% DV	PER 100 g	% DV
Calories	kcal	198.26		660.86	
Beta Glucan	g				
Protein	g	6.14		20.45	
Carbohydrates	g	3.97	1%	13.23	5%
Dietary Fiber (2016)	g	3.38	12%	11.26	40%
Soluble Fiber	g				
Total Sugars	g	0.14		0.46	
Added Sugar	g	0.00	0%	0.00	0%
Total Fat	g	17.54	22%	58.46	75%
Saturated Fat	g	2.72	14%	9.05	45%
Mono Fat	g	7.18		23.92	
Poly Fat	g	7.65		25.49	
Total Trans Fatty Acids	g	0.00		0.00	
Cholesterol	mg	0.00	0%	0.00	0%
Ash	g	0.86		2.86	
Water	g	1.50		5.00	
Vitamin A - RAE	mcg	0.99	0%	3.30	0%
Vitamin B1 - Thiamin	mg	0.21	18%	0.69	58%
Vitamin B2 - Riboflavin	mg	0.03	2%	0.09	7%
Vitamin B3 - Niacin Equiv	mg	3.22	20%	10.73	67%
Vitamin B6	mg	0.12	7%	0.40	24%
Vitamin B12	mcg	0.00	0%	0.00	0%
Biotin	mcg	3.30	11%	11.00	37%
Vitamin C	mg	0.00	0%	0.00	0%
Vitamin D - mcg	mcg	0.00	0%	0.00	0%
Vitamin E - Alpha-Toco	mg	0.50	3%	1.68	11%
Folate, DFE mcg	DFE	34.50	9%	115.00	29%
Folic Acid	mcg	0.00		0.00	
Folate, food	mcg	34.50		115.00	
Vitamin K	mcg	0.00	0%	0.00	0%
Pantothenic Acid	mg	0.09	0%	0.29	1%

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Calcium	mg	18.00	1%	60.00	5%
Chromium	mcg				
Copper	mg	0.42	47%	1.40	156%
Fluoride	mg				
Iodine	mcg				
Iron	mg	1.91	11%	6.36	35%
Magnesium	mg	103.50	25%	345.00	82%
Manganese	mg	0.43	19%	1.44	63%
Phosphorus	mg	200.10	16%	667.00	53%
Potassium	mg	111.00	2%	370.00	8%
Selenium	mcg	10.32	19%	34.40	63%
Sodium	mg	14.10	1%	47.00	2%
Zinc	mg	2.02	18%	6.73	61%
Molybdenum	mcg				
Choline	mg	7.68	1%	25.60	5%
Chloride	mg	3.00	0%	10.00	0%
Omega 3 Fatty Acid	g	0.08		0.26	
Omega 6 Fatty Acid	g	7.57		25.22	

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