



Food ID: C043

Food name and Description: Sesame seed, dried

Scientific name: *Sesamum indicum*

Alternate/Common name(s): Linga, tuyo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2.8
Energy, calculated (kcal)	642
Protein (g)	25.1
Total Fat (g)	53.5
Carbohydrate, total (g)	15.1
Ash, total (g)	3.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	12
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	67
Phosphorus, P (mg)	427
Iron, Fe (mg)	11.3
Sodium, Na (mg)	36

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.88
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	5.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	7.49
Fatty acids, monounsaturated, total (g)	20.21
Fatty acids, polyunsaturated, total(g)	23.45
Cholesterol (mg)	0