

# ATLANTIC

QUALITY SPICE & SEASONING

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## NUTRITIONAL INFORMATION

### SESAME SEEDS - ALL TYPES

<u>ITEM</u>	<u>UNIT</u>	<u>PER 100 GRAMS</u>
CALORIES	CAL	636.10
FAT CAL	CAL	493.02
TOTAL FAT	GRAM	54.78
SATURATED FAT	GRAM	0.00
TRANS FATTY ACIDS	GRAM	0.00
CHOLESTEROL	MG	0.00
SODIUM	MG	40.00
CARBOHYDRATES	GRAM	9.39
MOISTURE	GRAM	4.80
CALCIUM	MG	0.13
ASH	GRAM	4.64
DIETARY FIBER	GRAM	2.96
SUGARS	GRAM	0.00
VITAMIN A	IU	66.00
VITAMIN C	MG	0.00
IRON	MG	7.80
PROTEIN	GRAM	26.38
POTASSIUM	MG	0.00

INGREDIENTS: SESAME SEEDS

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