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Sesame Seeds Hulled - 1 lb



Sesame Seeds grow on stacks native to Central America and Asia. The hulled seeds are softer and tastier than unhulled seeds. Sesame seeds are also an excellent source of unsaturated fatty acids and phytosterols.

PRODUCT #: 7035
UPC: 733739070357
SRP: $2.59
Where to Buy
Add a Comment

Nutrition Info

Serving Size: 3.5 TBSP (30g)

	Amount Per Serving	% Daily Value
Calories	180	
Calories from fat	150	
Total fat	16 g	25%
Saturated Fat	2 g	10%
Cholesterol	0 mg	0%
Sodium	12 mg	0%
Total Carbohydrate	3 g	1%
Dietary Fiber	2 g	8%
Sugars	0 g	
Protein	8 g	
Vitamin A		0%
Vitamin C		0%
Calcium		4%
Iron		15%
Magnesium		6%
Zinc		4%

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

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Leaves of Tea, Tea Chest



NOW supplies a complete line of natural foods, sweeteners, sprouting seeds, fibers, and unique products. NOW also provides a complete line of natural vitamins, herbs, extracts, and pure cosmetics.

Serving Size: 3.5 Tbsp (30g)

Servings per container: 15

Other Ingredients: 100% Hulled Sesame Seeds

Suggested Use: Hulled Sesame seeds can be used in baked goods, sprinkled on salads, and added to breads. Sesame seeds can be used in sauces, or directly on rice cakes.

Warnings: None

Disclaimers: None

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