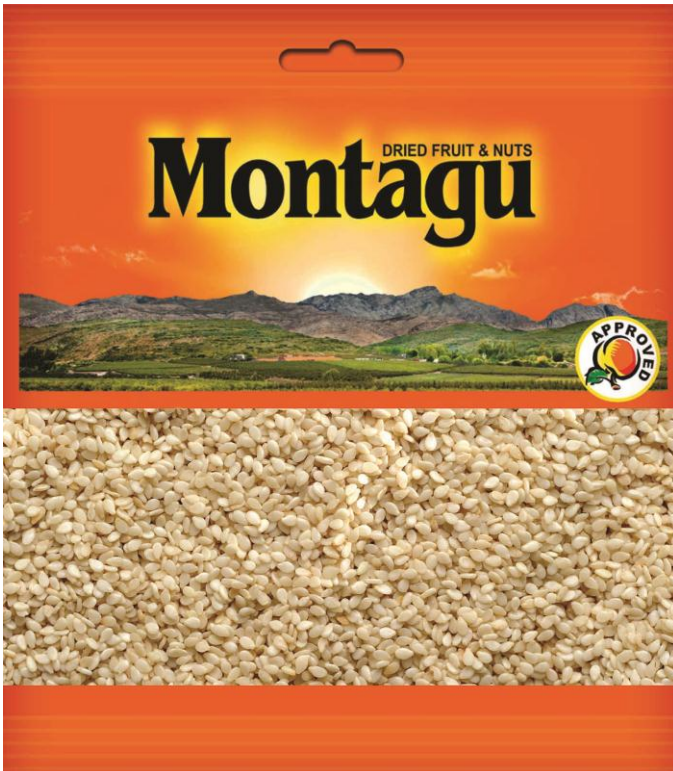


SESAME SEED



High in Energy	✓
Very Low in Sodium	✓
Suitable for vegetarians	✓
Cholesterol free	✓
Country of origin	India
Preservative	Free
Kosher	✓
Halaal	✓

Ingredients: Sesame Seed

Sesame seeds provide us with the necessary minerals and vitamins to combat high cholesterol levels and protect the liver from oxidative damage. These seeds contain a rather unique set of lignans named sesamin and sesamol; which provide relief for rheumatism and enhance cardiovascular and respiratory health.

Sesame seeds are ideal for use in baking rusks or making granola. They are also a useful ingredient for stir fry or marmalade.

NUTRITIONAL INFORMATION	
NUTRIENT	Per 100 g
Energy	2462 kJ
Protein	26.4 g
Carbohydrates	6.4 g
Total sugar	0 g
Total fat	54.8 g
Saturated fat	7.7 g
Monounsaturated fat	20.7 g
Polyunsaturated fat	24 g
Fibre	17 g
Sodium	16 mg

