

Sesame-Natural

Nutrition Facts

Serving Size: 100g

Serving per Container:

Amount per Serving

Calories 627 Calories from Fat: 450

% Daily Value *

Total Fat	50 g	77 %
Saturated Fat	7 g	35 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	103 mg	4 %
Total Carbohydrates	23 g	8 %
Dietary Fiber	12 g	48 %
Sugars	0.5 g	
Protein	21 g	

Vitamin A	0%	Vitamin C	0 %
Calcium	11%	Iron	35 %

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram

Fat 9 Carbohydrates 4 Protein 4

Ingredients: Sesame

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.