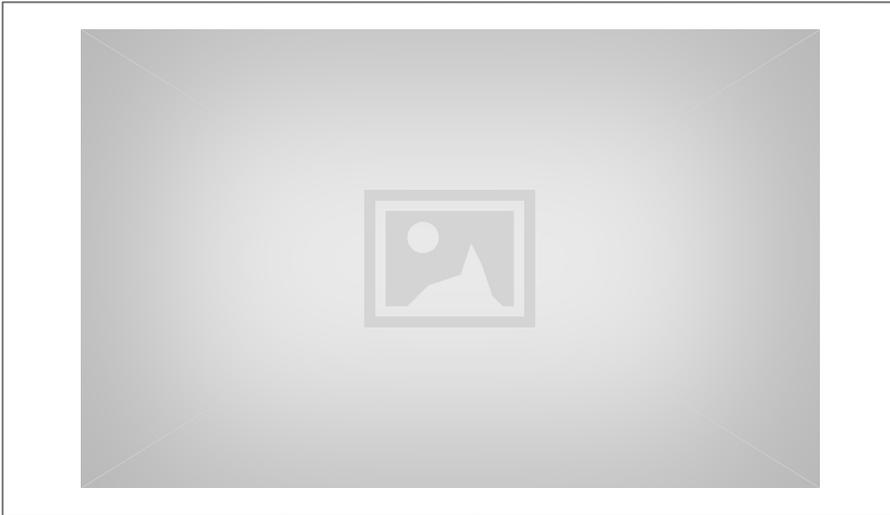




# Culinary Masters

## 164128 - Fancy White Sesame Seed

To get White Sesame seeds, the dark hull of the seed is removed, resulting in a creamier and sweeter seed with an off-white color and softer crunch. White sesame seeds have a nutty flavor.



### \* Benefits

White Sesame seeds are the hulled seeds of the sesame plant, an annual plant botanically known as Sesamum indicum. The sesame seeds grow within the plant's fruit, which pop open when ripe, scattering the seeds in the process. This can make harvesting challenging, so farmers either collect the fruit before it has ripened and dry them off the plant, or they hang a cloth beneath the plants to catch the seeds as they exit the fruits. Sesame seeds are dark brown to black in color when harvested. These darker-colored seeds are sold as black sesame seeds. To get White Sesame seeds, the dark hull of the seed is removed, resulting in a creamier and sweeter seed with an off-white color and softer crunch.

Sesame seeds originated in India. These seeds are considered the oldest oilseed crop in the world. In fact, sesame plants are the oldest known plant species to be grown primarily for their seeds and oils rather than for their leaves, fruit or vegetables. Although it is a seed plant, it can still bother people with allergies and has a distinctly nutty flavor. Highly valued in eastern Mediterranean and African cultures, sesame seeds are used to flavor foods, provide essential fats and enhance skin health. Sesame has one of the highest oil contents of any seed and a rich, nutty flavor, which is why sesame oil, tahini and the seeds themselves are common ingredients in cuisines across the world.

## Nutrition Facts

Servings Per Container

Serving size **100.0g (100g)**

Amount per serving  
**Calories 631**

% Daily Value\*

**Total Fat** 61 g %

Saturated Fat 9 g %

Trans Fat

**Cholesterol** %

**Sodium** 40 mg %

**Total Carbohydrate** 12 g %

Dietary Fiber 12 g %

Total Sugars 0.5 g

Includes Added Sugar %

**Protein** 20 g

Vitamin D %

Calcium 131 mg %

Iron 8 mg %

Potassium 407 mg %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients

Sesame Seeds  
99.98% Sesame Seed

### ⚠ Allergens

#### Contains:

sesame

#### Free From:

crustaceans eggs fish milk  
 peanuts soy tree nuts wheat

### Handling Suggestions

Between (65-75) F with (60% - 65%) Humidity  
DO NOT STORE NEAR ODOR PRODUCING  
SUBSTANCES---  
UNIT UPC: 688032022896  
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### Serving Suggestions

See label for suggestions

### Prep & Cooking Suggestions

See label for suggestions

### 📄 Product Specifications

Brand	Manufacturer
Culinary Masters	Culinary Masters

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688032022896	164128	164128	00106880320228		1/20 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
1.5 lb	1.25 lb	India	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
3.6 in	2.7 in	8.2 in	0.05 ft3	12x5	505 days	60 °F / 77 °F



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### Nutrition Analysis - By Measure

Calories	631	Total Fat	61 g	Sodium	40 mg
Protein	20	Trans Fats		Calcium	131 mg
Total Carbohydrates...	12 g	Saturated Fat	9 g	Iron	8 mg
Sugars	0.5 g	Added Sugars		Potassium	407 mg
Dietary Fiber	12 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

