



# Culinary Masters

## 164129 - Fancy White 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. 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*
<b>Total Fat</b> 61g	%
Saturated Fat 9g	%
Trans Fat	
<b>Cholesterol</b>	%
<b>Sodium</b> 40mg	%
<b>Total Carbohydrate</b> 12g	%
Dietary Fiber 12g	%
Total Sugars 0.5g	
Includes Added Sugar	%
<b>Protein</b> 20g	
Vitamin D	%
Calcium 131mg	%
Iron 8mg	%
Potassium 407mg	%

\* 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: 688032022902

### 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.
688032022902	164129	164129	01068803202290		1/6 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6.4lb	6lb	India	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
7.6in	5.2in	10.9in	0.25ft3	12x5	560days	60°F / 77°F



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### Nutrition Analysis - By Measure

Calories	631	Total Fat	61g	Sodium	40mg
Protein	20	Trans Fats		Calcium	131mg
Total Carbohydrates...	12g	Saturated Fat	9g	Iron	8mg
Sugars	0.5g	Added Sugars		Potassium	407mg
Dietary Fiber	12g	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

