



GEL SPICE COMPANY, INC.

Superior Quality Spices, Seeds & Specialty Items - Importers & Manufacturers

February 19, 2010

TO WHOM THIS MAY CONCERN:

Please be advised that the ingredient content for the following product that we are currently supplying you is:

Sesame seed 100% sesame seed

Best Regards,

Jeffrey Strand

Quality Assurance Manager
Gel Spice Co., LLC
48 Hook Road
Bayonne, NJ 07002
Tel: 201-339-0700 Ext. 212
Fax: 201-339-1677
Jeff@gelspice.com

Dried Whole Sesame Seeds

February 22, 2010

Analysis Weight: 100.00 g (3.53 oz-wt.) = 0.69 Cup

ESHA Code: 4523

USDA Code: 12023

Cost: --

This item has not been modified.

				Food Item
Basic Components				
Calories	573.00			
Calories from Fat	447.03			
Calories from Saturated Fat	62.61			
Protein	17.73 g			
Carbohydrates	23.45 g			
Dietary Fiber	11.80 g			
Soluble Fiber	2.48 g			
InSoluble Fiber	9.32 g			
Sugar - Total	0.30 g			
Monosaccharides	-- g			
Galactose	-- g			
Glucose	-- g			
Fructose	-- g			
Disaccharides	-- g			
Lactose	-- g			
Sucrose	-- g			
Maltose	-- g			
Other Carbs	11.35 g			
Fat - Total	49.67 g			
Saturated Fat	6.96 g			
Mono Fat	18.76 g			
Poly Fat	21.77 g			
Trans Fatty Acids	0 g			
Cholesterol	0 mg			
Water	4.69 g			
Ash	4.45 g			
KiloJoules	2397.00			
Vitamins				
Vitamin A IU	9.00 IU			
Vitamin A RAE	0.45 mcg			
Vitamin A RE	0.90 mcg			
A - Carotenoid	0.90 RE			
A - Retinol	0 RE			
A - Beta Carotene	5.00 mcg			
Thiamin-B1	0.79 mg			
Riboflavin-B2	0.25 mg			
Niacin-B3	4.51 mg			
Niacin Equiv.	10.22 mg			
Vitamin-B6	0.79 mg			
Vitamin-B12	0 mcg			
Biotin	11.00 mcg			
Vitamin C	0 mg			
Vitamin D IU	-- IU			
Vitamin D mcg	-- mcg			
Vit E Alpha-Tocopherol	0.25 mg			
Vit E-Alpha Equiv.	0.25 mg			
Vitamin E IU	0.37 IU			
Vitamin E mg	0.25 mg			
Folate	97.00 mcg			
Folate DFE	97.00 mcg			
Vitamin K	0 mcg			
Pantothenic Acid	0.05 mg			
Minerals				
Boron	-- mcg			
Calcium	975.00 mg			
Chloride	10.00 mg			
Chromium	-- mcg			
Copper	4.08 mg			
Fluoride	-- mg			
Iodine	-- mcg			
Iron	14.55 mg			
Magnesium	351.00 mg			
Manganese	2.46 mg			
Molybdenum	29.50 mcg			
Phosphorus	629.00 mg			
Potassium	468.00 mg			
Selenium	5.70 mcg			
Sodium	11.00 mg			
Zinc	7.75 mg			
Saturated Fats				
4:0-Butyric	-- g			
6:0-Capric	-- g			
8:0-Caprylic	-- g			
10:0-Capric	-- g			
12:0-Lauric	-- g			
14:0-Myristic	0.12 g			
15:0-Pentadecanoic	-- g			
16:0-Palmitic	4.44 g			
17:0-Margaric	-- g			
18:0-Stearic	2.09 g			
20:0-Arachidic	-- g			
22:0-Behenate	-- g			
24:0-Lignoceric	-- g			
Mono Fats				
14:1-Myristol	-- g			
15:1-Pentadecenoic	-- g			
16:1-Palmitol	0.15 g			
17:1-Heptadecenoic	-- g			
18:1-Oleic	18.52 g			
20:1-Eicosen	0.07 g			
22:1-Erucic	-- g			
24:1-Nervonic	-- g			
Poly Fats				
18:2-Linoleic	21.38 g			
18:3-Linolenic	0.38 g			
18:4-Stearidon	-- g			
20:3-Eicosatrienoic	-- g			
20:4-Arachidon	-- g			
20:5-EPA	-- g			
22:5-DPA	-- g			
22:6-DHA	-- g			
Other Fats				
Omega 3 Fatty Acids	0.38 g			
Omega 6 Fatty Acids	21.38 g			
Amino Acids				
Alanine	0.82 g			
Arginine	2.32 g			
Aspartate	1.45 g			
Cystine	0.32 g			
Glutamate	3.49 g			
Glycine	1.07 g			
Histidine	0.46 g			
Isoleucine	0.67 g			
Leucine	1.20 g			
Lysine	0.50 g			
Methionine	0.52 g			
Phenylalanine	0.83 g			
Proline	0.71 g			
Serine	0.85 g			
Threonine	0.65 g			
Tryptophan	0.34 g			
Tyrosine	0.66 g			
Valine	0.87 g			
Other				
Alcohol	0 g			
Caffeine	0 mg			
Artif Sweetener - Total	-- mg			
Aspartame	-- mg			
Saccharin	-- mg			
Sugar Alcohol	-- g			
Glycerol	-- g			
Inositol	-- g			
Mannitol	-- g			
Sorbitol	-- g			
Xylitol	-- g			
Organic Acids	-- mg			
Acetic Acid	-- mg			
Citric Acid	-- mg			
Lactic Acid	-- mg			
Malic Acid	-- mg			
Choline	25.60 mg			
Taurine	-- mg			

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Exchanges

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Bread / Starch:	1.6	Fruit:	--
Other Carbs / Sugar:	--	Vegetables:	--
Very Lean Meat / Protein:	1.9	Milk - Skim:	--
Lean Meat:	--	Fat:	8.5
