

Organic Unhulled Sesame Seeds

These flat, oval sesame seeds are unhulled and dried. They have a beige to light brown colour and a nutty to slightly bitter taste. This oilseed is high in fibre and a source of protein. Lightly toasting in a pan enhances their nutty flavour. Sesame seeds are perfect for sweet and savoury baked goods, salads, sauces, Asian cuisine, and much more. Also available: [Organic Hulled Sesame Seeds](#), with a uniform colour and an especially mild flavour.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

| | |
|--------------------------------|----------|
| Calorific value kj | 2461 kj |
| Calorific value kcal | 588 kcal |
| Fat | 49.7 g |
| Of which saturated fatty acids | 7 g |
| Carbohydrates | 11.6 g |
| Of which sugar | 0.3 g |
| Fibers | 11.8 g |
| Protein | 17.7 g |
| Salt | 0.028 g |

Allergene

| | |
|--------------------------|------|
| Gluten-containing cereal | Nein |
| Chicken egg | Nein |
| Peanuts | Nein |
| Milk | Nein |
| Celery | Nein |
| Sesame seeds | Nein |
| Lupines | Nein |
| Crustaceans | Nein |

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| | |
|-----------------------------|------|
| Fish | Nein |
| Soy | Nein |
| Nuts | Nein |
| Mustard | Nein |
| Sulfur dioxide and sulphite | Nein |
| Molluscs | Nein |
| Cashews | Nein |
| Spelt | Nein |
| Barley | Nein |
| Oat | Nein |
| Hybrid Strains | Nein |
| Kamut | Nein |
| Macadamia | Nein |
| Almonds | Nein |
| Brazil Nuts | Nein |
| Pecans | Nein |
| Pistachios | Nein |
| Rye | Nein |
| Hazelnuts | Nein |
| Sesame | Ja |
| Walnuts | Nein |
| Wheat | Nein |