


GENERAL INFORMATION / QUALITY

Product Name	Sesame Seed	
Raw Material Variety	Standard variety	
Country of Origin	Guatemala	
Manufacturer	Exportaciones Unidas S.A.	
Supplier Name	Exportaciones Unidas S.A.	
Branch	Uniexport	
Net Weight	100 lbs.	
Packaging	Polypropylene bags	
Recommended Storage Conditions	Room temperature in a ventilated place, with relative humidity not exceeding 32 degrees	
Product Life	At room temperature after open	6 months
Preservatives	Does not contain	
Allergens	100% allergen product	
Harvest	2024-2025	

CHEMICAL AND/OR PHYSICAL CHARACTERISTICS

PROPERTIES	SESAME SEED	
Purity	99.9% minimum	
Count	350-395 grains per gram	
Humidity	6% max.	
Oil Content	48 - 52 % aprox.	
Acidity	3%	
Color	Characteristic	
Taste	Characteristic	
Smell	Characteristic	

*Data subject to modification according to Customer Requirements

ADDITIONAL INFORMATION

- With its lecithin content, it helps reduce and control blood cholesterol levels.
- As a great source of iron, it is recommended for people with anemia or for women during pregnancy and breastfeeding.
- It is high in calcium helping to strengthen bone mass and prevent osteoporosis. It reduces joint stiffness.

SESAME NUTRITIONAL INFORMATION (Per 100 g)

Calories (Kcal)	636
Fat (%)	49.7g
Saturated fat (%)	7g
Carbohydrates (%)	23.5g
Sugars (%)	0.3g
Alimentay Fiber (%)	11.8g
Proteins (%)	17.8g

APPLICATIONS AND USES (consumer information)

These small seeds have a pleasant nutty flavor, and the recommended dose is 2 tablespoons per day. They can be consumed in a wide variety of ways, as you can sprinkle them on pasta, salads, and fruits, except for citrus fruits. You can also add them to bread or crackers.

PROPERTIES: Sesame, also known as sesame, is a seed that contains a high proportion of essential amino acids, particularly its methionine content. It is also a rich source of phosphorus.