

Product Factsheet

Sesame Seeds

Physical Characteristics

Sesame seeds are edible seeds which are small, flat and oval in shape with a nutty, sweet aroma, milk-like, buttery taste and a subtle crunch when bitten into. They come in shades of white, yellow, brown, red and black depending upon the variety. The chief constituent of the seed is its fixed oil, which usually amounts to about 44 to 60 percent. Noted for its stability, the oil resists oxidative rancidity. They are also rich in calcium, magnesium, copper, vitamin B1, zinc and dietary fibre.

Types & Varieties

Sesame Seeds are classified according to the presence of their outer shell (hull or husk), and then further classified according to colour:

1) Hulled: mechanically hulled (removal of outer shell) sesame seeds which are cleaned to remove dust particles, before being mechanically dried to preserve nutritional value. Hulled Sesame Seeds are the most traded and commercially used, available in the following varieties:

a) White: Seeds of which the colour of the external shell varies from pearly white to yellowish-white, provided coloured seeds do not exceed 5% of a representative sample.

b) Brown: White seeds where the percentage of darker, coloured shades in a representative sample exceeds 26%.

2) Unhulled (Natural): sesame seeds with outer shells intact, with a richer flavor, stronger aroma and crunchier texture than their hulled counterparts. Available in light brown (golden) ranging to dark brown and jet-black varieties.

Technical Data

Oil Content	≥ 54%
Purity	≥ 99%
Protein	≥ 19%
Moisture Content	≤ 5%
Fibre	≤ 7%
Weight of 1000 Seeds (g)	4.2 - 4.8
Total Ash	≤ 7%
Free Fatty Acid	≤ 3%
Calcium	≥ 1%
Potassium	≤ 0.5%
Phosphorous	≤ 0.7%