



TAHIN

About Tahin

Description

Tahin is versatile in applications, it is a puree made from wholegrain sesame seeds grilled at a low temperature and finely ground. Through grilling a better taste and a considerable decrease in humidity, necessary for a good preservation, are obtained. Sesame is known for its high nutritional value: it is a source of protein, rich in fiber, contains a high content of phosphorus, calcium, magnesium, iron, is also rich in selenium and source of potassium.

Use

Tahin, without added salt, is an ideal basic ingredient of Asian dishes, fried vegetables, warm sauces, vinaigrettes, desserts and bread spreads, both spicy (e.g. hummus, aubergine paste) and sweet.

Ingredients

roasted whole grain SESAME*.

*organically grown

Packaging

225 g, 500 g.

Product organically grown

100% of the agricultural ingredients are from organic farming



AB



VEGAN



GLUTENFREE



SOURCE OF

PROTEIN



SOURCE OF

FIBRE



NO ADDED SUGARS



LOW SALT

Nutritional analysis

Average nutritional value per

	g/100g	portion ?g	%RI	RI
Energy	2665 kJ			
	645 kcal			2000 kcal
Fat	57 g			70 g
of which saturates	9,3 g			20 g
of which mono-unsaturates	21.4 g			
of which polyunsaturates	26 g			
Carbohydrates	3,8 g			260 g
of which sugars	2,6 g			90 g
Fibre	10 g			
Protein	25 g			50 g
Salt	0,03 g			6 g

RI: Reference intake of an average adult (8400 kJ/2000 kcal)

Minerals

	mg/100g	%DRI
Sodium	10,000	0,4%
Calcium	673,000	84,1%
Potassium	458,000	22,9%
Magnesium	241,000	64,3%
Iron	10,000	71,4%
Selenium	0,025	45,5%
Phosphor.	600,000	85,7%

DRI: % of the daily reference intake.

Allergen info

Ingredients

roasted whole grain SESAME*.

* = organically grown

Allergens present in this product:

Sesame

This product may contain traces of:

Nuts, Hazelnuts, Almonds & Peanuts