



# 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

## Pro info

?g

Packaging in carton:	? x ?g
Item code	43337000
Item barcode	
Carton barcode	■
Units / pallet:	?
Cartons / pallet	?
Cartons / layer	?
Layers / pallet	?
Intrastat code	?
Net weight selling unit	0g
Net dimensions selling unit	d: ? - w: ? - h: ?
Net weight carton	0.00kg
Gross weight carton	0.00kg
Net dimensions carton	d: ? - w: ? - h: ?
Brand	?

**500g**

Packaging in carton:	6 x 500g
Item code	43336000
Item barcode	 5 411788 037792
Carton barcode	 5 411788 061131
Units / pallet:	912
Cartons / pallet	152
Cartons / layer	19
Layers / pallet	8
Intrastat code	20081999
Net weight selling unit	500g
Net dimensions selling unit	d: 85 - w: 85 - h: 125
Net weight carton	3.00kg
Gross weight carton	4.73kg
Net dimensions carton	d: 267 - w: 178 - h: 134
Brand	?