

Instant Sesame Paste 即溶芝麻糊



Photo by: Wing Shan Li, Hunter College, Dietetic Intern

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## Instant Sesame Paste 即溶芝麻糊

<b>Nutrition Facts/營養標示</b>	
Serv. Size/每一份 50g/克	
Servings per container/份 4	
Amount Per Serving/每份	
<b>Calories/能量</b> 214 kcal /千卡	<b>Fat cal./脂肪卡</b> 70
% Daily Value* /每日攝取量百分比*	
<b>Total Fat/總脂肪</b> 8g/克	7%
Saturated Fat/飽和脂肪 1.3g/克	9%
Trans Fat/反式脂肪 0g/克	
Polyunsat. Fat/多不飽和脂肪	Not Available
Monounsat. Fat/單不飽和脂肪	Not Available
<b>Cholesterol/膽固醇</b> 0 mg/毫克	0%
<b>Sodium/鈉</b> 42mg/毫克	1%
<b>Potassium/鉀</b> Not Available	
<b>Total Carb./碳水化合物</b> 36g/克	13%
Fiber/纖維 3.7g/克	12%
Sugars/糖 18g/克	
<b>Protein/蛋白質</b> 3.5g/克	
Vitamin/維他命 A 0%	• Vitamin/維他命 C 0%
Calcium/鈣 20%	• Iron/鐵 2%
* Percent Daily Values are based on a 2,000 calorie diet.	
* 每日建議攝取量的百分比是基於2,000卡路里熱量的食物要求	

**Ingredients/成分:** sugar, black sesame, maize starch, potato starch, glucose, may contain traces of (peanut, walnut)

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