

Sesame

An annual herbaceous plant .The Sesame crop is considered one of the important oil grain crops in addition to its role in human food as seeds and oil, it is the basis for many food industries that enter into its manufacture such as the manufacture of various sweets and the use as food for animals.

Types of Sesame

Brown (red) sesame:

It is considered one of the best types of sesame and this type is characterized by many features, including:

- Dark red tanned.
- The length of its plant is 115 cm
- From prolific growing plants, it is easy to produce large quantities of it.

White sesame (Gadarif Region Production):

This species is characterized by a light white color

- The color of the oil in white sesame is light in color and very clear.
- Manufacture of confectionery and baked goods dishes
- Contains many minerals and nutrients such as iron and copper Useful for thyroid health.

- Acts on hormonal balance in women during menopause it is a source of good fiber for the body.

Mixed Sesame: it has a characteristic golden yellow color that combines many qualities between red and white sesame. It enters many industries such as confectionery and other natural oils.

Sesame Properties

Sesame seeds contain a constant oil of 41-63% and the percentage of oil depends on the variety

The area of cultivation and climatic factors, the seeds also contain proteins of 26%, sugars of -12%13, minerals of 5/8%, oxalic acid of 252%, vitamins of .15%.26 and a quantity of

Water is 74% and proteins contain multiple amino acids that have important effects in the human body.