## Copilot

Sure, here are some key attributes of white hulled sesame seeds as an ingredient:

1. **Origin**: Sesame seeds are one of the oldest oilseed crops, native to Africa and India [1].
2. **Types**: There are two main types of sesame seeds: hulled and unhulled [1]. Hulled sesame seeds have their outer cover, also known as the hull or husk, removed [1].
3. **Color and Texture**: Hulled sesame seeds are white in color and have a smoother texture compared to the unhulled variety [1] [4].
4. **Flavor**: Hulled sesame seeds have a milder and nuttier taste, compared to the unhulled variety [1] [4]. The difference in taste between these two comes from the processing that the hulled variety goes through [1].
5. **Culinary Uses**: Hulled sesame seeds are a popular ingredient in various dishes. They are commonly used as a topping for bread, buns, and bagels, adding a nutty flavor and visual appeal [2]. Hulled sesame seeds are also used in making tahini, a staple ingredient in Middle Eastern cuisine [2].
6. **Nutritional Profile**: There is not much of a difference in nutrition between the hulled and unhulled variety of sesame seeds. Both are rich in protein, carbohydrates, fiber, calcium, iron, magnesium, potassium, phosphorus and more [1]. They also make for a good source of energy and help you keep hydrated [1].
7. **Health Benefits**: Given their interesting nutrition profile, sesame seeds are also good for the heart, digestion, bones, and inflammation [1].
8. **Potential Risks**: Both the hulled and unhulled variety of these seeds are safe for consumption. Just make sure you are not allergic to them [1].

As for the white hulled sesame seeds from Pendery's, I couldn't find specific information about them. However, Pendery's is known for its freshness and purity of spices [3], so their sesame seeds are likely of high quality. For specific details, I would recommend reaching out to Pendery's directly or visiting their website. They should be able to provide you with the most accurate and up-to-date information.

Source: Conversation with Bing, 5/13/2024

1. [Hulled Sesame Seeds Vs. Unhulled Sesame Seeds | Organic Facts](https://www.organicfacts.net/hulled-sesame-seeds.html)
2. [Hulled vs Unhulled Sesame Seeds Difference Comparison ... - Foodchamps](https://www.foodchamps.org/hulled-vs-unhulled-sesame-seeds/)
3. [What is a hulled sesame seed? - Chef's Resource](https://www.chefsresource.com/what-is-a-hulled-sesame-seed/)
4. [HULLED SESAME SEEDS ULTIMA GRADE - olamnuts.com](https://olamnuts.com/media/PDF/Ultima_-_MH_sesame_spec_sheet_1__1.pdf)
5. [Sesame Seed Unhulled Vs Hulled: The Ultimate Decision Maker](https://cooknight.net/sesame-seed-unhulled-vs-hulled/)
6. [White Hulled Sesame Seed - Woodlandfoods](https://woodlandfoods.com/products/white-hulled-sesame-seed/c-23/p-11611)