

# JLM Manufacturing

7/2/2015

**JLM PRODUCT #:** 191140  
**PRODUCT NAME:** SHELLED PUMPKIN SEEDS RAW  
**UPC:** 09477610543  
**WEIGHT:** 10 oz (283 g)  
**ALLERGEN STATEMENT:**  
**COUNTRY OF ORIGIN:** CHINA  
**SHELF LIFE:** 365 Days  
**OU KOSHER:** Pareve  
**INGREDIENTS:** Raw Shelled Pumpkin Seeds

NUTRITIONAL INFORMATION		
SERVING SIZE	1oz (28.35g)	
SERVINGS PER PACKAGE	10	
CALORIES	151	
CALORIES FROM FAT	107	
TOTAL FAT	13g	20%
SATURATED FAT	2g	12%
TRANS FAT	0g	
CHOLESTEROL	0mg	0%
SODIUM	5mg	0%
TOTAL CARBOHYDRATES	5g	2%
FIBER	1g	4%
SUGARS	0g	
PROTEIN	7g	
VITAMIN A		2%
VITAMIN C		1%
IRON		15%
CALCIUM		1%

\*PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.

