

PRODUCT NAME Roasted and Salted Sunflower Seeds

JLM PRODUCT # 193078

INGREDIENTS: Shelled Sunflower Seeds (Roasted in Cottonseed, Soybean, and Sunflower Oil), Salt.

UPC: 070207029029

WEIGHT: 4 OZ

COUNTRY OF ORIGIN: USA

SHELF LIFE: 12 MONTHS

KOSHER: 

NUTRITIONAL INFORMATION		
SERVING SIZE	1 oz (28g)	
SERVINGS PER PACKAGE	4	
CALORIES		
	179	
CALORIES FROM FAT		
	151	
TOTAL FAT	17g	26%
SATURATED FAT	2g	10%
TRANS FAT	0g	
CHOLESTEROL	0mg	0%
SODIUM	142mg	6%
TOTAL CARBOHYDRATES	4g	1%
FIBER	2g	8%
SUGARS		
	2g	
PROTEIN		
	7g	
VITAMIN A		0%
VITAMIN C		0%
IRON		9%
CALCIUM		2%

*PERCENT DAILY VALUES ARE BASED ON A 2000 DIET.