

PRODUCT NAME Roasted and Salted Sunflower Seeds

JLM PRODUCT # 193163

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

UPC: 070207201357

WEIGHT: 6.5 OZ

COUNTRY OF ORIGIN: USA

SHELF LIFE: 12 MONTHS

KOSHER: 

NUTRITIONAL INFORMATION

SERVING SIZE	1 oz (28g)	
SERVINGS PER PACKAGE	6.5	
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.