

PRODUCT NAME

In-Shell Roasted and Salted Pumpkin Seeds

JLM PRODUCT #

193299

INGREDIENTS:

Squash Seeds (Pumpkin Seeds), Salt, Tricalcium Phosphate, Flour (Bleached Wheat Flour, Malted Barley Flour), Titanium Dioxide (White Color).

UPC:

070207025076

WEIGHT:

3 OZ

ALLERGEN STATEMENT:

This Product Contains: Wheat

COUNTRY OF ORIGIN:

USA

SHELF LIFE:

12 MONTHS

KOSHER:

not Kosher

NUTRITIONAL INFORMATION

SERVING SIZE	1 oz (28g)	
SERVINGS PER PACKAGE	3	
 		
CALORIES	156	
CALORIES FROM FAT	120	
 		
TOTAL FAT	13g	20%
SATURATED FAT	2g	9%
TRANS FAT	0g	
CHOLESTEROL	0mg	0%
SODIUM	45mg	2%
TOTAL CARBOHYDRATES	3g	1%
FIBER	2g	8%
SUGARS	1g	
PROTEIN	8g	
VITAMIN A	0%	
VITAMIN C	2%	
IRON	9%	
CALCIUM	0%	

*PERCENT DAILY VALUES ARE BASED ON A 2000 DIET.