

**PRODUCT NAME**      **Roasted and Salted Pepitas**

**JLM PRODUCT #**      **193673**

**INGREDIENTS:**      **Pumpkin Seeds, Salt.**

**UPC:**      **070207025106**

**WEIGHT:**      **1.75 OZ**

**COUNTRY OF ORIGIN:**      **CANADA**

**SHELF LIFE:**      **12 MONTHS**

**KOSHER:**      **U**

<b>NUTRITIONAL INFORMATION</b>		
<b>SERVING SIZE</b>	<b>1 oz (28g)</b>	
<b>SERVINGS PER PACKAGE</b>	<b>1.75</b>	
<b>CALORIES</b>		
<b>CALORIES</b>	<b>162</b>	
<b>CALORIES FROM FAT</b>	<b>0</b>	
<b>TOTAL FAT</b>		
<b>TOTAL FAT</b>	<b>14g</b>	<b>21%</b>
<b>SATURATED FAT</b>		
<b>SATURATED FAT</b>	<b>2g</b>	<b>12%</b>
<b>TRANS FAT</b>		
<b>TRANS FAT</b>	<b>0g</b>	
<b>CHOLESTEROL</b>		
<b>CHOLESTEROL</b>	<b>0mg</b>	<b>0%</b>
<b>SODIUM</b>		
<b>SODIUM</b>	<b>72mg</b>	<b>3%</b>
<b>TOTAL CARBOHYDRATES</b>		
<b>TOTAL CARBOHYDRATES</b>	<b>4g</b>	<b>1%</b>
<b>FIBER</b>		
<b>FIBER</b>	<b>2g</b>	<b>7%</b>
<b>SUGARS</b>		
<b>SUGARS</b>	<b>0g</b>	
<b>PROTEIN</b>		
<b>PROTEIN</b>	<b>8g</b>	
<b>VITAMIN A</b>		
<b>VITAMIN A</b>		<b>0%</b>
<b>VITAMIN C</b>		
<b>VITAMIN C</b>		<b>1%</b>
<b>IRON</b>		
<b>IRON</b>		<b>16%</b>
<b>CALCIUM</b>		
<b>CALCIUM</b>		<b>1%</b>

**\*PERCENT DAILY VALUES ARE BASED ON A 2000 DIET.**