

JLM PRODUCT #: 196257

PRODUCT NAME: ROASTED/ SALTED PUMPKIN SEEDS SHELLED

UNIT UPC: 070207020460

CASE UPC: 070207201692

WEIGHT: 5 oz (141.5g)

ALLERGEN STATEMENT:

COUNTRY OF ORIGIN: USA

SHELF LIFE: 365 Days

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INGREDIENTS: Shelled Pumpkin Seeds (Roasted in Sunflower Seed Oil), Salt. *Packaged in a facility that processes peanuts, soybean, milk, eggs, tree nuts, wheat (gluten), shellfish, and fish products.

Nutrition Facts	
5 Servings Per Package	
Serving Size	1oz (28g)
Amount per serving	
Calories	160
	%Daily Value*
Total Fat 14g	22 %
Saturated Fat 2.5g	12 %
<i>Trans Fat 0g</i>	
Cholesterol 0mg	0 %
Sodium 170mg	7 %
Total Carbohydrate 3g	1 %
Fiber 2g	6 %
Sugars 0g	
Protein 8g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	15 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

