

# OIL ROASTED NO SALT BAKERY SUNFLOWER KERNELS

## \*Nutritional Data per 100 g

<b>Calories</b>	<b>592</b>
Protein (g)	20.06
Carbohydrates (g)	22.89
Sugars (g)	3.11
Added Sugars (g)	0
Dietary Fiber (g)	10.6
Fat - Total (g)	51.3
Trans Fat (g)	0.16
Saturated Fat (g)	7.07
Monounsaturated Fat (g)	8.06
Polyunsaturated Fat (g)	34.29
Cholesterol (mg)	0
Ash (g)	4.21
Water (g)	1.54
Total Vitamin A (mcgRAE)	0
Thiamin - B1 (mg)	0.32
Riboflavin - B2 (mg)	0
Niacin - B3 (mgNE)	0
Vitamin B6 (mg)	0
Vitamin B12 (mcg)	0
Folate (mcg DFE)	234
Pantothenic Acid (mg)	6.94
Vitamin C (mg)	1.1
Vitamin D (mcg)	0
Vitamin E (mg)	36.33
Calcium (mg)	87
Copper (mg)	1.8
Iron (mg)	4.28
Magnesium (Mg)	127
Manganese (mg)	2.08
Phosphorus (mg)	1139
Potassium (mg)	483
Selenium (mcg)	78.2
Sodium (mg)	3
Zinc (mg)	5.21

\*USDA National Nutrient Database for Standard Reference, Release 9.4.0 (2013)

## Features and Benefits:

- Nutritionally-dense whole food
- Consistent visual characteristics
- Texture enhancement
- Value-added processing
- Firm crunch & mild, nutty flavor

## General Requirements:

- The product shall be manufactured in accordance with Good Manufacturing Practice 21 CFR, Part #117.
- The finished product and packaging shall conform in every respect with the provisions of the Federal Food, Drug and Cosmetic Act, as amended, and to all applicable State and Local regulations.
- The product shall meet the Kashruth requirements of the Union of Orthodox Jewish Congregations of America.

## Packaging and Shelf Life:

\*Shelf life based in National Sunflower Association Shelf-Life Study)

- Nitrogen Flushed/Vacuum Packed  
Acceptable for 52 Weeks
- Polylined Paper Bags and Polylined Totes  
Acceptable for 28-32 Weeks (at 40°F)  
Acceptable for 12-16 Weeks (at 70°F)  
Acceptable for <8 Weeks (at 100°F)

## Packaging Net Wt Requirements

The average quantity of contents in a shipment must at least equal the quantity printed on the label and the variance of the individual container from the stated label quantity must not exceed the maximum allowable variation (MAV) as stated in the National Bureau of Standards Handbook 133.

## Roasted Typical Analysis:

Moisture: < 3%

## Kernel Typical Analysis:

Count: ≤ 800 kernels per ounce

Extraneous Material:

Free of rodent activity & live insects

Insect Damage: ≤ 2%

\* Natural Foreign Material: ≤ 0.05%

\*\*"Natural Foreign Material" includes but is not limited to: loose shell, unshelled seeds, "sticktight" (portion of shell stuck to kernel), grain, pulp, stalks, burrs or any other crop related substance other than sunflower kernel.

## Physical Characteristics:

### Color and Texture:

Uniform medium roast. Firm not soggy or brittle.

### Flavor and Odor:

Typical roasted kernel flavor free from any stale, flat or rancid flavor and odors.

## Microbiological Requirements:

E. Coli: ≤10 mpn/g

Salmonella: Negative

Aflatoxin: <20 ppb

## Ingredients:

Bakery Sunflower Kernels, Sunflower Oil

SunOpta, Inc.

7301 Ohms Lane, Suite 600, Edina, MN 55439 Phone: 952-820-2518

[sunopta.com](http://sunopta.com) or email: [sunflower@sunopta.com](mailto:sunflower@sunopta.com)

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