

<b>*Nutritional Data per 100 g</b>	
<b>Calories</b>	<b>584 kcal</b>
Protein (g)	20.78
Carbohydrates (g)	20
Sugars (g)	2.62
Dietary Fiber (g)	8.6
Fat - Total (g)	51.46
Trans Fat (g)	0.05
Saturated Fat (g)	4.45
Monounsaturated Fat (g)	18.528
Polyunsaturated Fat (g)	23.1
Cholesterol (mg)	0
Ash (g)	3.02
Water (g)	4.73
Total Vitamin A (IU)	50
Thiamin - B1 (mg)	1.48
Riboflavin - B2 (mg)	0.355
Niacin - B3 (mg)	8.335
Vitamin B6 (mg)	1.345
Vitamin B12 (mcg)	0
Folic Acid (mcg)	0
Pantothenic Acid (mg)	1.13
Vitamin C (mg)	1.4
Vitamin D (IU)	0
Vitamin E (mg)	35.17
Calcium (mg)	78
Copper (mg)	1.8
Iron (mg)	5.25
Magnesium (Mg)	325
Manganese (mg)	1.95
Phosphorus (mg)	660
Potassium (mg)	645
Selenium (mcg)	53
Sodium (mg)	9
Zinc (mg)	5

\*USDA National Nutrient Database for Standard Reference, Release 23 (2010)

### Features and Benefits:

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

### Functionality/Applications:

- Nutritious snack
- Confectionary ingredient
- Multigrain
- Industrial Baking Mixes
- Toppings

### Packaging:

Premium Sunflower Kernel is available in 50-pound net weight paper bags, 25 kg paper bags, and poly totes.

### Storage:

Storage of all kernel at 40°F(4°C) with low relative humidity (50% or below).

### Shelf Life:

Twelve months from the date of production.

### Typical Analysis:

Moisture: > 4%, < 8%  
 Purity: (including \*natural foreign matter) ≥ 99.95%  
 Count: 550/oz +/-50  
 \*Natural Foreign Matter: ≤ 0.05% by weight  
 \*\*Sticktites: ≤ 3 pieces per pound  
 Sclerotinia: ≤ 0.15 pieces per pound  
 Insect Damage: ≤ 2% by weight  
 Broken: ≤ 5% (1/2 kernel or less) by weight  
 Dark, stained kernel: ≤ 0.5% by weight

\*Natural foreign matter includes but not limited to:

Cockleburs, head pulp, and sticks

\*\*Sticktites include any kernel that is more than 25% covered by shell.

### Physical Characteristics:

#### Appearance:

Raw, dry, and firm kernel with off-white to gray coloring.

#### Flavor:

Cool and sweet, typical sunflower nutmeat flavor, free from foreign flavors or odors.

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