



PRODUCT DATA INFORMATION

COMPANY NAME JLM MANUFACTURING

LIPARI PRODUCT CODE: 197464

PRODUCT NAME SUNFLOWER SEEDS N/S **DATE SENT:** 2/14/2012

INGREDIENTS:

Sunflower Seeds, Roasted in
Vegetable and/or Cottonseed
and/or Peanut and/or Sunflower
and/or Soybean Oil.

MANUFACTURED BY:
JLM MANUFACTURING

ALLERGEN STATEMENT:

This product contains sunflower seeds.

SHELF LIFE:

12 Months

NUTRITIONAL INFORMATION

SERVING SIZE		28g	
CALORIES	190		
CALORIES FROM FAT	140		
TOTAL FAT	15 g		21%
SATURATED FAT	2 g		12%
TRANS FAT	0 g		0%
CHOLESTEROL	0 mg		0%
SODIUM	0 mg		0%
TOTAL CARBOHYDRATE	4 g		3%
FIBER	3 g		4%
SUGARS	1 g		
PROTEIN	9 g		
VITAMIN A			0%
VITAMIN C			0%
IRON			8%
CALCIUM			2%

*PERCENT DAILY VALUES ARE BASED ON A 2000 DIET.